

# MOUNTAINEER

Vol. 64, No. 9

Published in the interest of the 7th Infantry Division and Fort Carson community  
Visit the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil)

March 3, 2006

## Carson Middle gets high marks

by Spc. Aimee Millham

Mountaineer Staff

The results of the Carson Middle School parent satisfaction survey are in, and for the most part, things are looking good.

“We want to know: Are we challenging enough? Do we provide enough resources? How can we be better,” said Steve Jerman, the principal of Carson Middle School.

The survey is conducted once a year along with an in-staff survey, both of which are used to figure out the school’s action plan for the year, Jerman said.

“It gives parents a voice,” said Buffie DeSalvo, language arts teacher at the middle school. That voice is invaluable, given how well-traveled military parents are, DeSalvo said. “They can provide input from their past experiences at other installations and school districts.”

Roughly 110 parents participated in this year’s survey, which was conducted at parent/teacher meetings early in the school year.

The survey was kept short and divided into five categories: academic achievement, communication, school culture, school safety and uniforms, Jerman said.

As far as how adequately parents thought their children were being educated overall, 94 parents were satisfied. This result should come as no surprise as Carson Middle School went from average to high-performing this year, according to the school’s Colorado State Assessment Program results, Jerman said.

School culture and school safety also got high marks for overall satisfaction, with 89 parents satis-



Photo by Sgt. Matt Millham

*Students at Carson Middle School leave for the day Tuesday. In a survey parents said, for the most part, the school is doing a good job.*

fied with school culture and 94 with the school’s level of safety.

The communication category was not as successful. This section was meant to assess how parents feel about the channels of communication between themselves and school staff. In the general satisfaction question of the survey 78 parents were satisfied. Jerman explained that this is likely the result of the fact that it’s usually only the parents of students with special needs or issues who are in constant communication with the staff. He added that regardless of the

reasons, the school still needs to work at bettering that satisfaction statistic.

Uniforms were a hot topic on this year’s survey, as the school has considered uniforms for quite some time. Before doing anything, though, the school wanted to know how parents felt about the idea.

“You always want to know how the community will respond before you make major decisions like implementing uniforms,” Jerman said.

Of the parents surveyed, 67 parents were in favor of uniforms, 22 against and the rest were

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#### MUST SEE



Women’s achievement highlights.  
See Pages 26-27.

## 3rd HBCT Soldiers killed by IED

Public Affairs Office

Three 3rd Heavy Brigade Combat Team Soldiers were killed last week by a roadside bomb in Iraq. The Soldiers were identified as: Staff Sgt. Curtis T. Howard II, 32, of Ann Arbor, Mich.; Sgt. Gordon F. Misner II, 23, of Sparks,

Nev.; and Spc. Thomas J. Wilwerth, 21, of Mastic, N.Y.

The Soldiers were assigned to 1st Battalion, 8th Infantry Regiment, as M-2 Bradley Fighting Vehicle crew members.

Watch upcoming editions of the Mountaineer for information on memorial services for the three fall-

## Former Soldier found dead on Carson

Public Affairs Office

The body of a former 3rd Heavy Brigade Combat Team, 4th Infantry Division Soldier was found at the water sewage treatment facility on Fort Carson Feb. 21.

The body has been identified as that of Joseph Barker, 21, of Tulsa, Okla.

Barker separated from the Army in May 2005. He was reported missing Feb. 8.

The Armed Forces Institute of Pathology conducted an autopsy Feb. 22 at Fort Carson.

Determination of death is pending the results of toxicology testing.

The incident remains under investigation by the Criminal Investigation Division, Fort Carson, Federal Bureau of Investigation and the U.S. Attorney’s Office.

Watch upcoming editions of



# One Soldier, fighting in the war of love

**Commentary By Spc. Curt Cashour**  
*14th Public Affairs Detachment*

It might have worked out better if I had gotten married before I joined the War on Terror. What with deployments and the stringent standards governing a military man's hair style, sometimes it's hard for a Soldier to find a partner.

Since moving to Colorado Springs, I've had my share of dates, but no real connections.

There was the nice lady who told me she didn't like to date Soldiers because she was afraid they would deploy and not be there for her three children; or the young woman who was about to move in with her brother and his newborn twins, the mother of whom was a 15-year-old high school student. "Shouldn't your brother be in jail," I asked.

"In Colorado it's not a crime to impregnate a teenager if their parents say it's OK," she insisted. Parental consent or not, I had heard enough.

I've all but given up at finding

Mrs. Right at work. I'm not tough enough for the gals at the motor pool, not [hooah] enough for the women in combat units and not smart enough for females at the public affairs office.

With all this in mind, I did what countless pedophiles, dirty old men and a few singles are doing nowa-days: I turned to the Internet.

There are plenty of sites out there promising to help in the search for a suitable mate. Some offer relationship advice from famous television therapists, some match you with members of the opposite sex based on comprehensive personality assessments and I just in case you were wondering I all of them are blocked from the Fort Carson network.

Without naming names, I settled on a site that stresses [harmony] in relationships. For around \$100, I got three months of access. I figured, what the heck? What did I have to

lose besides \$100?

The first thing I had to do was take a personality test. With that completed, I was ready to begin my Internet dating adventure.

The process started out slowly, but after a few days I was getting a steady stream of e-mails from women who wanted to at least chat with me. I could then go to the Web site and view their pictures and profiles.

It's my opinion that the people you have to watch out for are the ones who don't post a picture of themselves. I don't even fool with them. For all I know it could be a man posing as a woman. Besides, I have a right to know what I'm getting into. Some may call this being shallow, I call it having standards.

One of my first picks was a girl named Jenni (not her real name). She had a good-looking picture and judging from her profile we shared some important interests: exercise, politics and humor to

name a few.

It wasn't long before Jenni and I were talking on the phone. I tried to make a good impression by telling stories of my travels to Europe and the Middle East, the latter of which was a mandatory trip. Later, I wowed her with some mature discussion about briefcases and other grown-up topics.

I had to wonder if the whole thing was too good to be true. Not only did Jenni seem really cool, but she was also a physicist, a lawyer and a helicopter pilot. Sure it's an unlikely combination. But anything's possible, right?

We agreed to meet in Denver for an afternoon at a museum. The date was mediocre at best. The rapport we had on the phone seemed to disappear. About halfway through, I decided it would be a lot more fun to focus my efforts on determining whether or not she was really a physicist/lawyer/helicopter pilot.

My suspicions were confirmed later that night when I dropped her off at her car, a beat up Hyundai.

A few days later I visited the

## POST TALK: Where do you think is the best place for singles to meet?



*"A laundry mat would seem like a great place for single people to meet."*

**Pvt. Robert Vaira**  
2nd BCT



*"A bar, because you can see and talk to each other and get to know each other."*

**Liz Richie**  
Spouse



*"A specialty store. If people have the same special interests they're more likely to be compatible."*

**Jenna Blackman**  
Spouse



*"The mall, because girls like to shop and guys go where the girls are."*

**Pvt. Joshua Tebay**  
2nd BCT



*"Yahoo Personals ... they can meet a lot of people and never have to leave their house."*

**Amy Ivie**  
Spouse

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This commercial enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of the Mountaineer are not necessarily the official view of, or endorsed by, the U.S. Government or the Department of the Army. Printed circulation is 12,000 copies.

The editorial content of the Mountaineer is the responsibility of the Public Affairs Officer, Fort Carson, CO 80913-5119, Tel.: (719) 526-4144. The e-mail address is [mountaineereditor@carson.army.mil](mailto:mountaineereditor@carson.army.mil).

The Mountaineer is posted on the Internet at <http://public.carson.army.mil/sites/PAO/mountaineer/arc-hives/forms>.

The Mountaineer is an unofficial publication authorized by AR 360-1. The Mountaineer is printed by

Colorado Springs Military Newspaper Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. It is published 49 times per year.

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The Mountaineer's editorial content is edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated.

# NEWS

## New center to drive Army modernization

*Army News Service*

Secretary of the Army Dr. Francis J. Harvey recently directed the formation of the Army Capabilities Integration Center, known as ARCIC, from the

resources and organization of the U.S. Army Training and Doctrine Command Futures Center.

The ARCIC will be the lead Army agency to coordinate and integrate war-fighting capabilities among all the military services and other agen-

cies and be located at Fort Monroe, Va.

“We are retaining the complete mission set from the Futures Center and adding the tremendous responsibility for integrating capabilities into the modular force,” said Lt. Gen. J. Mark Curran at a media round-table Feb. 16 during the Winter Association of the United States Army conference in Fort Lauderdale, Fla. Curran, a former director of the Futures Center, will serve as the ARCIC director.

“This integration goes beyond materiel items and includes all (doctrine, organization, training, materiel, leader development, personnel and facilities) domains,” Curran said. “We must work the synchronization and coordination of agencies across the Army and the joint community to ensure we accelerate inserting capabilities into the modular force, when these are ready, to meet an essential need.”

Today, the Army is moving from the current force to the future force through a modernization program called Future Combat Systems.

FCS provides Soldiers with leading-edge technologies to improve their capabilities to fight the enemy in complex environments. ARCIC will ensure that FCS capabilities are fielded as soon as is practical, across the force.

Harvey initially discussed the idea for establishing a center with the ARCIC’s responsibilities during an April 5, 2005, media interview. The ARCIC will be the responsibility of the Secretary of the Army and the Army Chief of Staff.

“Our role in inserting (Future Combat Systems) capabilities into the force when ready is critical to enabling the Army to evolve rapidly while engaged in this long war,” Curran said. “The Future Combat Systems program is the fastest, surest way to modernize the Army.”

The ARCIC’s work will pave the way for brigade combat teams to use Future Combat Systems technologies, according to Army senior



*The XM8, a Future Combat Systems weapon, will eventually replace the M4.*



# MILITARY

## 3rd Brigade Soldiers unearth cache

by Sgt. Zach Mott

*3rd Heavy Brigade Combat Team*

ABU ALLAH MUHAMMED, Iraq ■ Changes to the familiar are cause for unease among members of the 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers.

These Soldiers have been taught to look for changes to the familiar and become more alert when these variances are spotted.

“Every guy I have is an outstanding troop,” said Sgt. 1st Class Michael Greer, platoon leader for Scout Platoon, Company A, 1-68 Combined Arms Battalion. “We teach them to look for something that just doesn’t feel right or look right and then we’ll go from there. That’s basically how we found the cache.”

At first, the cache looked innocent enough, just five rusted machine guns believed to be left over from the Iraq-Iran War, which ended in 1988. The machine guns

turned out to be only the tip of the iceberg. A deeper inspection found far more.

Scout Platoon ■ a platoon consisting mostly of scouts and engineers ■ used metal detectors and old-fashioned muscle power to unearth several mortars, mortar tubes, improvised explosive device materials and documents believed to be target lists that included Forward Operating Base Gabe and other high-level targets in Diyala Province.

“After we found (the cache), it made me feel like that’s one IED that might (not) hit a U.S. convoy, and that made me feel good,” said Sgt. Adam Keefer, an engineer from Scout Platoon.

While some Soldiers scoured an open field listening for pings on the detectors and others dug where the pings were heard, those who

remained in the Humvees scanned the surrounding area. They sat waiting for the cache’s former owners to return.

“They had been there recently.

This was probably a site they used,” said Spc. Michael Russo, an engineer. “We needed to keep them out of



Photo courtesy Scout Platoon, Company A, 1-68 Combined Arms Battalion  
*Soldiers from Scout Platoon, Company A, 1-68 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, discovered these and other weapons while on a route clearance patrol near the town of Abu Allah Muhammed, Iraq.*

# Military briefs

## Miscellaneous

Officer Candidate School board ■ OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 208, no later than May 16. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held May 23-24 in the Elkhorn Conference Center, bldg 7300. Those candi- dates approved will be forwarded to the Department of the Army for approval during the week of July 17. Point of contact for this infor- mation is Darlene Roberts at 526-2155/6481.

CID needs Soldiers and civilians ■ The U.S. Army's Criminal Investigation Command is seeking qualified applicants to become criminal investigators. Special agents investigate all felony crime of Army interest, conduct protective service operations and work closely with other federal, state and local law enforcement agen- cies to solve crime and combat terrorism. Selected agents receive advanced training at the Federal Bureau of Investigations Academy, the Federal Law Enforcement Training Center and the Canadian Police College as well as the opportunity to pursue a master's degree in forensic science.

To qualify, candidates must be U.S. citizens, at least 21 with at least two years of service but not more than eight, have at least 60 semester hours of college credit and a general technical score of at least 110. A minimum of six months police experience is preferred, but not required. CID is also looking for qualified civilians to become special agents. To apply or for more information visit the Internet at [www.cid.army.mil](http://www.cid.army.mil) or contact your local CID office.

ASE exams ■ Automotive Service Excellence exams will be administered May 9, 11 and 16 at the Mountain Post Training and Education Center, bldg 1117.

Funded exams are available for service members who are currently enrolled in an auto- motive technology degree program or have an eligible military occupational specialty in the automotive/ mechanical service specialties. Soldiers interested in taking the exams must register prior to March 17. Contact a guidance counselor at the education center for more information.

DPW services ■ Do you know who to call when a windstorm causes damage to your facil- ity, overturns a portable latrine or when trash containers are overflowing? The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

■ Facility repair/service orders ■ LB&B ser- vice order desk at 526-5345. Use this number for emergencies or routine tasks.

■ Refuse/trash ■ Virgil Redding at 526-6676. Call when needing trash containers, trash is over- flowing or emergency service is required.

■ Facility custodial services ■ Call Larry Haack at 526-6669. Call for service needs or to report complaints

■ Elevator maintenance ■ Call Larry Haack at 526-6669.

■ Motor pool sludge removal/disposal ■ Call Don Phillips at 526-9237.

■ Repair and utility/self-help ■ Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

■ Base operations contract COR ■ Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

■ Portable latrines ■ Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

Please note the above phone numbers and POCs do not apply to family housing facilities.

Combat debriefing ■ A combat debriefing group for officers who have been to Iraq will meet Thursdays at the Army Community Service main conference room from 11:30 a.m.-1 p.m. For more information contact Dr. Kay Beaulieu or Dr. Michael Pantaleo at 526-7155.

Female sexual abuse survivors ■ A group for active-duty female sexual abuse survivors meets Thursdays at Evans Army Community Hospital's Behavioral Health section. Call 526- 7177 and ask for Dr. Kay Beaulieu for more infor- mation.

Learning Resource Center offerings ■ The Learning Resource Center, located in the Fort Carson Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e- mail, surf the Internet or navigate desktop appli- cation tutorials. Hours of operation include Monday-Thursday 9 a.m.-9 p.m., Friday 9 a.m.-8 p.m., Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. For more information call the Learning Resource Center at 526-4058/8077.

Weight control/taping classes ■To attend the active-duty weight control class or the taping certification class, Soldiers should call the TRI- CARE appointment line at 457-2273.

No referrals are needed. Both classes are taught at the Mountain Post Wellness Center.

For more information on the classes call 526- 7971.

## Laundry service

Post Laundry Service ■ The post laun- dry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in.

Allow enough time; it is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turnaround for ser- vice is 72 hours. No appointment is necessary.

The post laundry will not clean personal items like battle dress uniforms, boots, tent pegs, can- teens, entrenching tools or wet-weather gear.

Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, combat vehicle crewman jackets and most web equipment.

Hours of operation are 7:30 a.m.-noon and 12:30-3:45 p.m., Monday through Friday, except holidays. For information call 526-8806/8804.

## CIF Hours

CIF hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m. to 11:30 a.m.

Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-

11:30 a.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526- 3321.

Unit issues and turn ins

Call 526-6477/5512 for more information.

## Hours of operation

Education center hours of operation ■ The Mountain Post Training and Education Center's hours are as follows:

Counselor Support Center ■ Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

Army Learning Center and Basic Skills Classes ■ Monday through Thursday, 9 a.m.- noon, closed training holidays.

Defense Activity for Nontraditional Education Support and Advanced Personnel Testing ■ Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

Basic Skills Education Program/Functional Academic Skills Training ■ Monday through Thursday, 1-4 p.m., closed training holidays.

eArmyU Testing ■ Monday and Wednesday-Friday, 8 a.m.-2:30 p.m., closed training holidays.

Military Occupational Specialty Library ■ Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Claims Division hours ■ The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m, closed Friday and federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must sub- mit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours ■ Fort Carson dining facilities operate under the following hours:

Wolf Inn ■ Monday-Friday 7-9 a.m. (break- fast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn ■ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.- 1 p.m. and 4:30-6 p.m.

Butts Army Air Field ■ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn ■ Monday-Friday 7:30-9 a.m. (break- fast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn ■ Monday-Friday 7-9 a.m. (break- fast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG ■ Monday-Friday 7-9 a.m. (break- fast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

Special Forces briefings ■ Special Forces briefings will be conducted weekly in bldg 1217, room 304. Briefings are Wednesdays at 10 a.m.



# Army tests unmanned Stryker convoys

by Larry Edmond

Army News Service

FORT GORDON, Ga. ■ At a show-and-tell demonstration for local and national media, engineers were cautiously optimistic that their 20-ton robot would work the way it was supposed to.

The day before, the robot navigated along 100 miles of roads ■ some paved, some not ■ through the woods at Fort Gordon's range complex. Hopefully, it wouldn't malfunction in front of the cameras.

Jeff Jaczkowski, a Tank Automotive Research, Development and Engineering Center electrical engineer and manager for the Robotic Follower Advanced Technology Demonstrator project, which was being tested, pointed to the two Stryker Infantry Carrier vehicles idling behind him. Jaczkowski said these vehicles are part of a larger program to bring vehicle electronics technologies and robotic systems to the force.

The demonstration was a part of a broader initiative of tests being conducted by the Robotics Technology Integration Team from the U.S. Army TARDEC, General Dynamics Corporation and its sub-

contractors.

The system in testing at Fort Gordon is the robotic follower program. This program seeks to develop robots that can conduct convoy operations. One of the vehicles is called the CAT ■ short for Crew-Integration and Automation Testbed. It serves as the manned leader vehicle.

The other vehicle serves as an unmanned follower in a convoy. "We are focusing on road and long-haul convoy missions," Jaczkowski said.

"We have done a circuit of testing that started in 2003," Jaczkowski said. "We have done a number of different environments" To test the vehicles in a desert environment, they went to Fort Bliss, Texas. At Fort Knox, Ky., the vehicles' abilities in cross-country terrain were put to the test. The vehicles were also tested at Fort Indiantown Gap and Letterkenny Army Depot, both in Pennsylvania.

The program began testing at Fort Gordon for its forested-type setting, Jaczkowski said.

Jaczowski said Fort Gordon provides an ideal setting with a 10-kilometer loop that has a three-kilometer stretch of dirt road. The rest is paved. The long stretches of isolat-



Photo by Larry Edmond

*An unmanned Stryker, equipped with sensors and other gadgetry, makes its own way through the Fort Gordon range during testing in February.*

ed roads allow the teams to put their test vehicles through a series of high-speed tests

"Yesterday we ran a 100-mile test where the lead vehicle was being driven manually and the robot was following," Jaczkowski said. The test was successful, and the average speed of the test convoy was about 22 miles per hour. "You may think that 22 miles per

hour is not that fast when operational convoys are going 60 to 70 miles per hour. But you have to take into account that we did 68 right turns.

"You don't take right turns at 50 miles per hour, especially with a 20-ton robot."

On straight stretches, the vehicles routinely speed along at more than 40 mph, Jaczkowski

## Stryker

From Page 7

said.

Pointing to the bristling array of sensors on the vehicles, Jaczkowski said these vehicles incorporate second-generation lidar, short for laser radar, forward-looking infrared sensors, and advanced computers to handle autonomous navigation.

For the autonomous follower, engineers are using data from the lead vehicle to augment data the follower vehicle gathers from on-board sensors.

¶ We have a major emphasis to create systems that can operate without (Global Positioning Systems). We know that electronic interference can easily jam GPS in a battle zone.

¶ The idea is to pass electronic bread crumbs from the manned lead vehicle back to the autonomous follower vehicle, and provide high-level proofing of the follower's path so the follower avoids areas that might impede or confuse its autonomous navigation system,¶ Jaczkowski said.

Jaczowski characterized the testing as outstanding and gave high marks to the Fort Gordon Battle Lab and range control.

Jaczowski is quick to point out that the testing he is conducting is not about the relatively new Stryker vehicle.

¶ The Stryker is a fielded system, but the robotic convoy technology sensors that we have on these units are what we are putting

through the research and development stage.¶

The demonstration conducted before the media Feb. 10 showed how adept the robot is in making decisions. The lead vehicle was manually driven along the road through an area where a gate was set, with the robot vehicle following about 100 meters behind.

After the lead vehicle passed, engineers were planning to pull a cord releasing a gate to block the path. The follower vehicle should be able to detect the gate and plot a path around it before continuing, Jaczkowski said.

True to Murphy's Law, the cord attached to the spring release broke as engineer Karl Murphy tugged it to release the gate. Undaunted, Murphy reached down and tripped the release. The gate swung into the path of the following robot.

With only a few seconds to assess, the robot slowed and veered around the gate. It then continued on its path, following the lead vehicle.

It was a slight glitch that served to demonstrate how perceptive the robot is, Jaczkowski said.

In the future, Jaczkowski speculates the project's efforts will lead to manned and unmanned convoys.

¶ There are two avenues that the Army is pursuing. The near-term objective is to automate the function of driving in a convoy vehicle.¶

Soldiers will remain in the vehicles for now, but by placing a vehicle on autopilot, the driver will be able to perform other duties or rest.

## Cache

From Page 5

there because they could be coming back any time to get their goods.¶

While providing security, the urge to watch the massive amount of munitions being found was compelling for some Soldiers.

¶ It was pretty tough sometimes because you want to look back and check out all that action going on back there, all the stuff they're finding,¶ said Pfc. Anthony Chicoine, one of Scout Platoon's scouts. ¶ We were right in the center of the whole perimeter ¶

Knowing the area was secured, those on the ground became more diligent in their search for more weapons in the cache.

¶ I dug up a lot of the rounds that we found the first time,¶ said Pfc. Thomas Carpenter, another of Scout Platoon's scouts. ¶ Once we went up to where the mound was, we started digging and realizing there were refrigerators full of stuff. Then we realized there was more to it than what we thought.¶

A medic was on-hand in case one of the found munitions accidentally exploded.

¶ There were some pretty dangerous, older explosives ... stuff that could have gone off in somebody's hands,¶ said Pfc. Matthew Roberts, the medic for Company A, 1-68 CAB. ¶ As soon as we roll out, you have to go over everything that you would do in any possible scenario so that when you get out there it's quick; it's lightning. You don't even have to think about what you need to do, you just do it.¶

# Comedy meets Carson Soldiers

**Story and photo by Sgt. 1st Class Walter van Ochten**

*133rd Mobile Public Affairs Detachment*

TIKRIT, Iraq □ As the crowd laughs boisterously, the man on stage demonstrates how, in a combat zone, the shower water can go from hot to ice cold in just seconds.

Like many things in life, it's funny because it's true.

The laughter was brought to the Soldiers of the 2nd Squadron, 9th U.S. Cavalry from Fort Carson, attached to the Rakkasans of the 3rd Brigade Combat Team, 101st Airborne Division at Forward Operating Base Wilson, during a show put on by the Comics on Duty World Tour.

Comics on Duty is a group of comedians that tours military installations to bring comedy to Soldiers during their deployments to overseas locations. The tour is designed to help break up the monotony that can come with a deployment.

“The rewards for coming here are overwhelming,” said comedian Mark Sweeney. “To give these (Soldiers) a break for a couple of

hours, so they don't have to think about what's going on around them, the dangers and all, (is rewarding). It's a stress relief show.”

In addition to Sweeney, the group is made up of Andy Hendricks, Bob Kubota, Warren B. Hall and Jeff Capri.

Only a few in the group had known each other before meeting to start their two-week tour, which began in Kuwait.

Though the tour itself is a regular thing, the comedians on the tour rotate.

According to Hendrickson, he draws much of his material from everyday things around him, so this tour has brought him many new comedic insights about life on a forward operating base.

The comedians each performed for about 20 minutes. Their humor dealt with the military and life on the Forward Operating Bases □ subjects that those in the audience could definitely relate to.

As a way of giving something back to the comedians, 2-9th Cav gave them a chance to fire some of the weapons they use on a daily basis.

Hendricks and Sweeney took



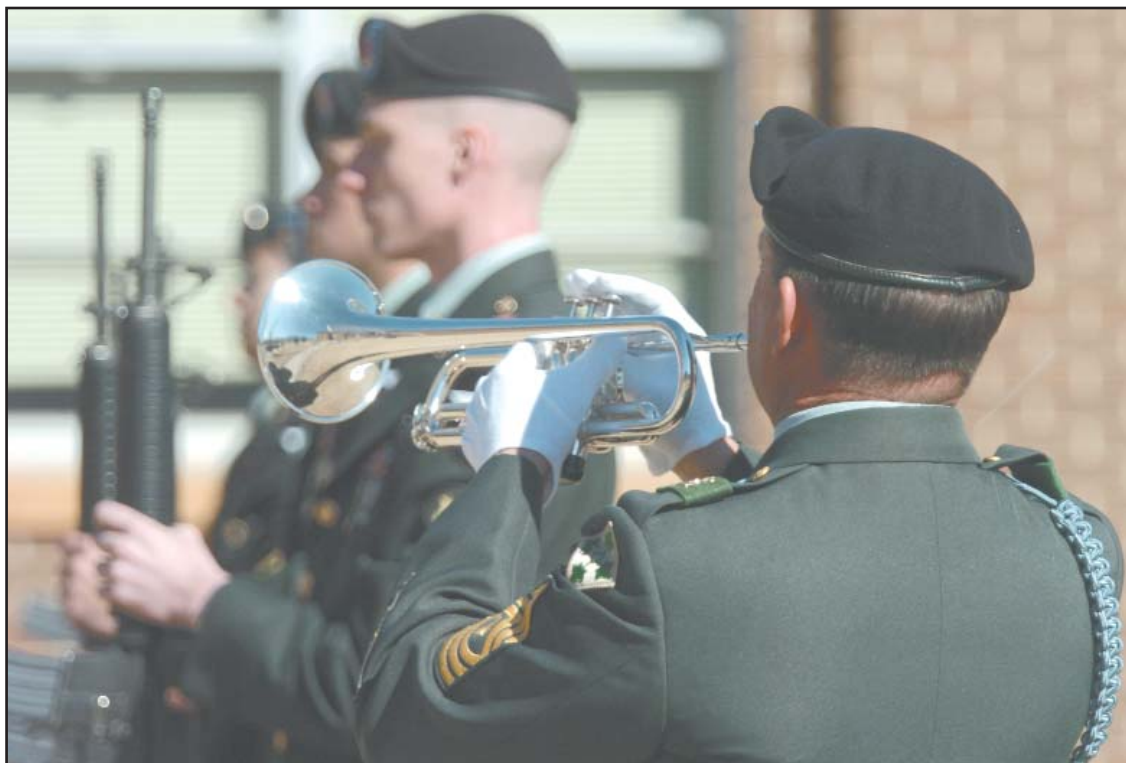
*Comedian Warren B. Hall performs for the troops of Fort Carson's 2nd Squadron, 9th U.S. Cavalry, during a Comics on Duty show at FOB Wilson near Ad Dawr, Iraq, Feb. 21. Earlier in the day, 2-9 Soldiers let the comedians test out some of their weapons.*

them up on the offer, shooting a pistol, assault rifle and a light machine gun about an hour before the evening show.

The comics talked with Soldiers and posed for photos after the show.

“The Soldiers are very appreciative. I was talking to some Soldiers





Photos by Sgt. Matt Millham

## Fallen hero, a 'go-to guy' is honored

*Taps is played at a memorial service held Feb. 22 for Cpl. Walter B. Howard II, a fallen Soldier of the 1st Battalion, 8th Infantry Regiment, 3rd Heavy Brigade Combat Team. Howard, 35, died in Balad, Iraq, Feb. 2 of injuries sustained when an improvised explosive device detonated near his M-1 Abrams tank. A native of Rochester, Mich., Howard also spent 10 years in the Navy and served in the Persian Gulf region during the Gulf War. Howard enlisted in the Army less than a year ago as a tanker. "He said he wanted to do his part, but he wanted to do it from the front lines," said Capt. Matthew Stanton, who served briefly with Howard, who arrived at Fort Carson in August and deployed with the 3rd HBCT late last year. Howard is survived by his wife Jamie and 15-month-old daughter Katherine.*

## ARCIC

From Page 3

leaders. It will provide impetus and direction from concept to capability development for full spectrum operations, as well as shape the future for the next generation of Soldiers.

“In the very near future, the Army will establish an Evaluation Brigade Combat Team for the purpose of evaluating and testing FCS technologies in order to spin them out to the modular force,” said Col. Rickey Smith, director of the ARCIC-Forward in Arlington, Va. “The ARCIC will have the key role in determining what the EBCT tests, and determining whether these tech-

nologies meet the requirements

“The ARCIC will also serve as the Soldier’s representative, ensuring that requirements are being met,” he said.

The ARCIC is responsible for synchronizing the activities of many separate agencies Army elements, Smith said. At present, a number of Army organizations provide pieces of the overall doctrine, organization, training, materiel, leader development, personnel and facilities requirements for the Army. These will all come together under ARCIC.

This represents a significant change in how the Army does business, Smith said.

The ARCIC is not a

## One Soldier’s bright idea

*Army News Service*

The U.S. Army Rapid Equipping Force at Fort Belvoir, Va., is expediting the first shipment of 2,000 new laser devices to Soldiers in Baghdad, Iraq. No, they are not the sophisticated weapon systems one would expect — this is a green-laser pointer.

The eye-safe lasers, popular in boardrooms and classrooms across the United States, proved to be a visual and nonlethal way of dissuading aggressive drivers in Iraq.

“The system was very effective in stopping oncoming traffic and personnel,” said Spc. Loren Williams, who is based in Iraq and routinely uses the device.

How does it work? This green pointer is about 50 times brighter than the familiar red laser pointer. Its unusual color makes it much more noticeable. Unlike a red laser, the projected green beam can be seen in mid-air in

dark conditions.

The laser is handheld, operates on standard batteries and works at stand-off distances.

It’s unknown how one of the devices first landed in the hand of an inventive Soldier, but leaders say troops have historically discovered field expedient and innovative ways to accomplish missions on the battlefield.

In the past, the bright spotlights shined at a driver did little to dissuade erratic behavior.

At traffic control points throughout Iraq, hundreds of cars pass closely by U.S. and Iraqi soldiers. At times, these vehicles approach at aggressive speeds or without headlights at night.

According to field reports, aggressive driving has been reduced 60 to 80 percent of the time when the devices are used.

In support of ongoing missions in Iraq, the U.S. Army continues to observe Soldier



# COMMUNITY

Horsing around ...

## Equine conference, organized in haste, nonetheless a success

by Spc. Clint Stein  
Mountaineer staff

The Army held its sixth annual Equine Conference last week, hosted by Fort Carson's own mounted color guard.

From Feb. 22-24, seven of the eight mounted units in the Army attended the three-day conference held mostly at Turkey Creek Recreational Area where the mounted color guard unit is located.

Carson's mounted color guard was planning to attend the conference this year at Fort Myers, Va., but became the host at the last minute. Fort Myers' horse stables were condemned about a month ago and the mounted unit was not able to host the conference nor could it attend the conference here because its members were occupied with getting their stables back in order, said Staff Sgt. John Brownrigg, noncommissioned officer in charge of the Fort Carson Mounted Color Guard.

Despite the relatively short notice, Brownrigg said he volunteered to have the conference at the Mountain Post and was pleased with how well it went. "We got a lot of compliments from

"The public oftentimes looks at us as the standard of the Army and we should conduct

□□ Chief Warrant Officer Kevin Stonehouse, Fort Riley, Kan., Mounted Color Guard commander

the other units about how much they have enjoyed the conference and how much they've learned, too," said Brownrigg.

Chief Warrant Officer Kevin Stonehouse, Fort Riley, Kan., Commanding General's Mounted Color Guard commander, said he's learned a lot from the conference and hoped he taught others a lot as well. "The whole point of these conferences is to share ideas and learn from each other," said Stonehouse.

"I discussed how the other units could be more proactive in their public relations, and I got a lot of new training ideas from some of the others guys."

Although Fort Riley's mounted color guard



Photo courtesy of Fort Carson Training and Audiovisual Support Center  
*Dressed in late 1870s reproduction uniforms, the Fort Carson Mounted Color Guard practices a cavalry charge, which the guard performs at various events throughout the year.*

has 20 riders and 20 horses — much larger than Fort Carson's seven-man unit — and performs about 350 times a year, Stonehouse said there is still much information to share among the other units. "Everybody has something they're good at or specialize in, and everybody was able bring something to the table," said Stonehouse. "Our units are different in a lot of ways, but we all have something in common — horses and the Army."

Being in the public spotlight as representatives of the Army is another constant that all the mounted color guards have in common, said Stonehouse. "We are a part of an elite and elaborate group. When we perform at parades and other special events we are representing something bigger than ourselves," he said. "The public oftentimes looks at us as the standard of the Army and we should conduct ourselves that way."

Helping standardize the mounted units was another big topic addressed at the conference. "It would be great if a Soldier could (move) from Fort Irwin (California) to Fort Sam Houston (Texas) and step right into a color guard position," said Leann Desalme, stable master at Fort Sam Houston. She said having a standard operating procedure would not only help in recruiting new members for the color guard, but it would help keep ceremonies more consistent as well. "If we could develop (standard operating procedures) for ceremonies, it would make our jobs a little easier but more professional at the same time."

Another idea that could make life easier for the mounted units is to utilize all available resources. During the three-day conference Brownrigg and the other mounted color guard riders visited the Cason City Correctional Facility where wild horses are trained and adopted out. The prison participates in a program known as the Wild Horse Inmate Program where inmates train anywhere from 20 to 30 wild horses a month. After the horses are trained to standard they can be adopted for the cost of the training. Brownrigg said he has adopted good horses out of the program and suggested other units inquire about doing the same whenever they needed more horses.

Another bit of information Brownrigg provided for the other riders was one in history. Hugh Trabandt, who is credited with starting the Fort Carson Mounted Color Guard more than 40 years ago, was the guest speaker

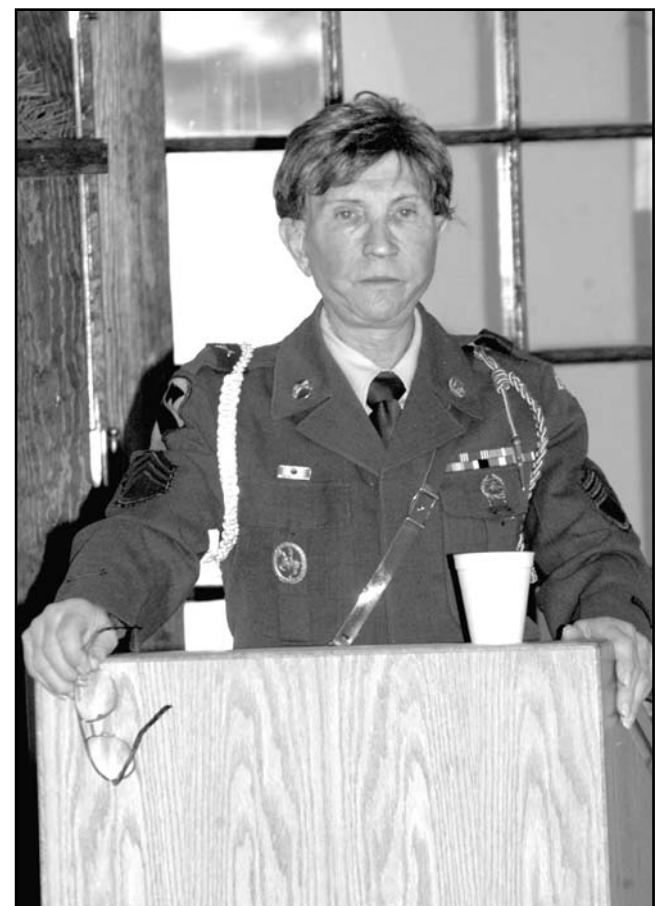


Photo by Spc. Clint Stein  
*Hugh Trabandt, retired stable sergeant who started the Fort Carson Mounted Color Guard 40 years ago, talks to members of other color guard units Feb. 24 during the Army's 6th Annual Equine Conference at Turkey Creek Ranch.*

# Community briefs

## Miscellaneous

School District Eight ▯ School District Eight will hold a special education advisory council meeting Thursday from 9-11 a.m. at Aragon Elementary School, 211 S. Main St., Fountain. Breakfast and childcare are provided. R.S.V.P. by Tuesday by calling 382-1569.

▯ School District Eight hosts annual meetings to evaluate the effectiveness of parent involvement policies regarding Aragon, Mountainside and Abrams Elementary schools. A meeting will be held Thursday from 6:30-8:30 p.m. at Mountainside Elementary and Aragon Elementary April 11 from 5:30-7 p.m. Refreshments and childcare are provided. R.S.V.P. to 382-1569.

PPCC courses ▯ Pikes Peak Community College offers evening courses at Fort Carson from March 20-May 13. Classes at the Mountain Post are accelerated and last eight weeks. Soldiers, family members and Department of the Army civilians are eligible to enroll. Tuition is \$82.50 per semester hour. Soldiers may use tuition assistance. Family members may be eligible for a tuition discount. Contact the Mountain Post Education Center for details.

Scholarships ▯ The Fort Carson Officers' Spouses' Club Scholarships for 2006 are now available. Electronic applications are available from [fc\\_osc@yahoo.com](mailto:fc_osc@yahoo.com) or from Catherine Vuono, FOOSC Scholarship chairperson, at [cjvuono@earthlink.net](mailto:cjvuono@earthlink.net). Hard copies are available at the library and Family Connection buildings.

There are three scholarship categories: high school senior, dependent child and spouse. Applicants may only apply for one scholarship per year. Awards will be published in May.

Applications must be received by March 31, 2006.

CG Golf Scramble ▯ The CG Scramble kicks off with a shotgun start at 11 a.m. March 16. The event is open to all military and civilians on Fort Carson. Teams of three will compete for prizes, awarded in two flights. There are also hole awards. The entry fee is \$30 and includes a sack lunch and prizes. Mulligans are available, three for \$5. Preregister your teams at the Fort Carson Golf Course. Call 526-4122.

PPPO closure ▯ The Personal Property Processing Office at Fort Carson, bldg 1220, will be closed for training March 20 from 8 a.m.-1 p.m. For emergencies call 554-9231.

Learn to swing dance ▯ Pikes Peak Community College offers swing dance lessons that are free and open to the public. Learn the basic swing step that can be applied to rock'n roll, country, big band, disco, jitterbug and more. Partners are not required.

Lessons are held March 17 from 3-4:30 p.m. at Centennial Campus Atrium, 5675 South Academy Blvd.; and April 7 from 3-4:30 p.m. at Rampart Range Atrium. For more information call 540-7106.

National Prayer Breakfast ▯ The National Prayer Breakfast will be held Tuesday at 7 a.m. in the grand ballroom of the Sheraton Inn on Circle Drive in Colorado Springs. Tickets are free, but a suggested \$3 donation will be accepted at the door. Attire is duty uniform for military, civilians should wear business casual. For more information call 526-4416.

Women's History Month Events ▯ Pikes Peak Community College celebrates Women's History Month with a series of fun and informative events at the college. All events are free and

open to the public. For details call 540-7106

Women and the Environment ▯ Learn about the special role women have played in interpreting and protecting the natural environment throughout American history, including nature writing, revealing the harmful effects of insecticides, beautification of roadsides, development of eco-feminism and more. The event is March 15 from 5:30-6:45 p.m. at PPCC's Rampart Range Campus, room W-111, which is located at 11195 Highway 83 at InterQuest Parkway.

The Rhetoric and History of the Women's Movement ▯ Experience a new perspective on the Women's Rights Movement circa 1848-1920. The event is March 22 from 10-11:30 a.m. at PPCC's Rampart Range Campus, room W-111, which is located at 11195 Highway 83 at InterQuest Parkway.

Scholarships for military spouses ▯ The National Military Family Association is accepting applications for NMFAs Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse ▯ active duty, retired, National Guard, Reserve or survivor ▯ studying toward professional certification or attending a post-secondary or graduate school is encouraged to apply.

Scholarships, normally in the amount of \$1,000, may be used for tuition, fees, books and school room and board. Applications can be found at [www.nmfa.org/scholarships2006](http://www.nmfa.org/scholarships2006). Applications will only be accepted online and must be submitted by midnight April 15. The number of scholarships each year varies.

TTY accessibility ▯ TTY (text telephone) accessibility is now available at Army Community Service. If you are hearing impaired and are interested in information about or connection to ACS programs, call 526-1949 to access the TTY service.


Family Enrichment Support Group ▯ If you're a victim of domestic violence, you are not alone. Join the Family Enrichment Support Group each Monday at 1:30 p.m. at the Family University, bldg 1161. Limited childcare is available, preregistration is required. For more information call 526-4590.

Host an exchange student ▯ Host an exchange student from Europe, Latin America or Asia for the 2006 academic year. Students have program insurance and spending money. Local families share their homes, tables and love. Contact Center for Cultural Interchange at 471-2727 or 238-6402.

Web site helps spouse groups ▯ CinCHouse, a nonprofit community of nearly 900,000 military wives and women in uniform, in partnership with USAA, has launched the Spouse Club Hub, an online tool spouse group leaders can use to create their own Web site at no cost and with no software.

Spouse group leaders can create Web sites in about 10 minutes by selecting professionally designed graphics and adding text and photos. Leaders can further enhance their sites with other free options including calendars, photo galleries, discussion boards and e-mail distribution lists. For more information visit the Web site at [www.cinchouse.com](http://www.cinchouse.com). To register log on to <http://hub.cinchouse.com>.

SAT/ACT prep ▯ Students preparing for the SAT or ACT can get free assistance by visiting the Internet at [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil).



**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590


Exceptional Family Member Program (EFMP)

## Bowling Night

ACS in partnership with the Directorate of Morale, Welfare and Recreation (DMWR) is offering an EFMP Bowling Night on

**Monday, March 6**  
**6:00 P.M. to 8:00 P.M.**  
**Thunder Alley**  
(Fort Carson Bowling Center)

Cost is \$1.25 per game and a fee of \$1.25 for shoe rental. If your family is registered in the EFMP and you would like to participate, please contact ACS EFMP. For more information or to register, call (719) 526-4590. Registration deadline is Monday, February 27.



The Army Community Service EFMP is now sponsoring a new program that will consist of a series of activities for people with disabilities (physical as well as cognitive) to experience the freedom of outdoor recreation. Activities will offer new life skills, build self-confidence and empower each individual. All equipment and instruction will be provided in partnership with various organizations. The first upcoming activity will be:

★ *Adaptive Skiing and Snowboarding (Winter Activity) - All instructors are trained and certified to instruct individuals with all levels of physical and cognitive abilities.*

EFMP is committed to provide safe, professional and fun lessons. It is our goal to ensure that we provide fun services to active duty, retirees and military dependents with either a physical or cognitive disability. We are currently working on one day ski trips to Breckenridge as well as a weekend ski trip to Crested Butte. Prices will include transportation, instructions, ski/snow board equipment and lift tickets. If you are interested or have any questions concerning this program, please call Ed Menjivar (719) 526-0306 or stop by the Family Readiness Center, Bldg. 1526.

Follow the link for Registering for SAT/ACT Standard Power Prep Programs. ▯ For more information call

Fort Carson's School Liaison Office at 526-1071 or 524-0642.

Kit Carson Activity Center ▯ Fort Carson Family Housing's Kit Carson Activity Center is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies and other events free of charge. The center has a maximum capacity of 60 people and includes a great hall, which can be divided into two rooms, and a catering kitchen that has a sink, refrigerator, two microwaves and several countertops. To reserve the center call 579-1042.

Waa-Nibe House ▯ The Waa-Nibe House, named after Kit Carson's first wife, is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies, family readiness group meetings and other events free of charge. The center includes a main room, three smaller classrooms, a playroom and a catering kitchen with two sinks, a refrigerator, microwave and several countertops.

View the availability of the Waa-Nibe House at <http://calendar.msn.com/carsonesco@hotmail.com>. Download the reservation form from the Enlisted Spouses Charitable Organization link (under FRGs) at [www.carson.army.mil](http://www.carson.army.mil). To reserve the center e-mail the reservation form to [CarsonESCO@hotmail.com](mailto:CarsonESCO@hotmail.com).

Post fitness center hours ▯ Post fitness center's hours have been adjusted. Hours of operation include:



# College: a Soldier benefit

by Spc. Clint Stein  
*Mountaineer staff*

While serving on active duty, the Army offers Soldiers many different benefits ranging from free medical care to 30 days of paid leave a year, but there is also a benefit the Army offers that Soldiers can take with them after fulfilling their military obligation — an education.

The Fort Carson Education Center has programs available for Soldiers seeking any level of education while serving on active duty.

Two of these programs are the Basic Skills Education Program and the Army Learning Center. These programs are designed to help Soldiers in certain areas of education they are lacking in and help prepare them for a variety of tests.

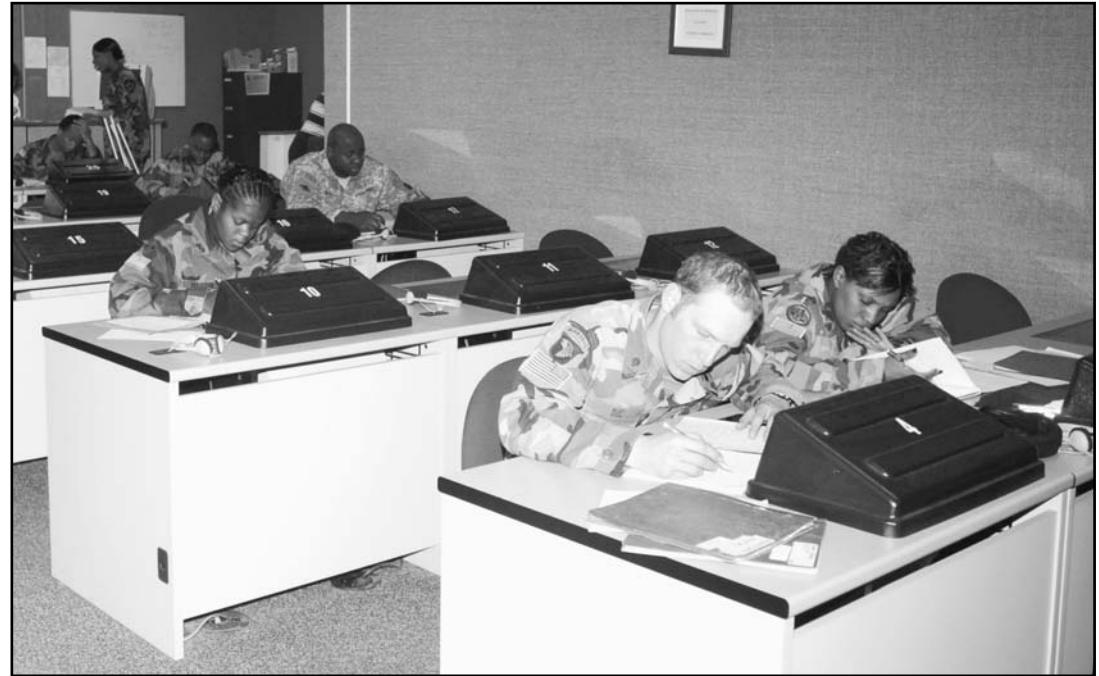
The BSEP is a computer-based program that focuses on reading and math skills. The program lasts six weeks with classes held Mondays through Thursdays. A new term

begins every Monday and has instructors available to answer questions and help students.

It's not like a traditional classroom, said Bill Unger, education services specialist. Not everyone starts at the same time, but they're in the same classroom with the same instructors. Whether a Soldier is looking to improve his or her general technical score or Scholastic Assessment Test score, the ALC can provide preparatory study for many different tests. The ALC is a multimedia-based program with instructors to assist students in preparing to take

college courses, the SAT and American College Test, the Armed Services Vocational Aptitude Battery, the College Level Examination Program test, the General Equivalency Diploma test and several others. The class term is four weeks long and is held Mondays through Thursdays.

Unger said that although



*Soldiers at the post education center study to improve their general technical score.*

Soldiers are the majority of the students in these programs, family members are also welcome. As long as space is available, family members can enroll, too.

If Soldiers are looking for a higher education without spending a lot or sometimes any of their own money, the Education Center offers several options for

that as well. As long as Soldiers are on active-duty status, they can receive tuition assistance from the Army, said Unger. The Army provides \$250 of tuition assistance per semester hour with a \$4,500 cap per fiscal year.

## Education

From Page 13

Soldiers have many options to choose from when deciding how to use the money available to them for their education.

Unger said one choice Soldiers can take is the traditional approach by attending local community colleges

for evening associate's degree courses. With several colleges in the Colorado Springs area, it shouldn't be difficult to find one that is convenient for a Soldier to attend, said Unger. In addition to local colleges, there are also college courses taught right here on post, Unger continued.

Some area community colleges offer classes to Soldiers at the education center, bringing the school to them, in a way.

Another approach is through the eArmyU program. The eArmyU is designed to help Soldiers work toward a certificate or degree by taking courses online. It contains an integrated portal to many different colleges, so if a Soldier wants an education from a school that is not close enough to attend,

access to the school is as easy as jumping on the Internet.

A Soldier may use tuition assistance for online courses from any accredited school, private or public, as long as he or she has a degree plan. Unger said that tuition assistance cannot be used for a second degree equal to the one a Soldier

already

has. A person with a bachelor's

degree in business can't use tuition assistance to get another bachelor's in something else.

He said however,

Soldiers with

a bachelor's can work toward a

master's and receive the tuition

assistance. As long as they are always going to the next level they can receive assistance.

If a Soldier wants to attend a school where college tuition cost is more than the amount of tuition assistance offered by the Army, Unger said that is possible to do if the Soldier has the Montgomery GI bill. After paying \$1,200 into the GI Bill and serving two years of active duty, Soldiers can use their GI Bill in conjunction with tuition assistance.



## EACH develops partnerships with patients, families: Volunteer to help

**Lt. Col. Wendy Jo DeSmidt-Kohlhoff**

*Evans Army Community Hospital*

The Institute for Family Centered Care defines family-centered patient care as an approach to the planning, delivery and evaluation of health care that is grounded in mutually beneficial partnerships among health care providers, patients and families.

Evans Army Community Hospital staff is all about providing quality service. The staff's goal is to adopt this new approach to health care.

The desired outcome is to shape policies, programs, facility design and day-to-day interactions to meet the needs of patients and their families. This new approach will lead to better health outcomes, wise allocations of resources and greater patient and family satisfaction.

EACH is in search of volunteers who want to be part of this new approach. Evans needs you

to help them succeed.

Have you ever wished you were part of the decision making process in an organization because you know you have great ideas and suggestions?

Have you ever wondered what it's like to be part of a hospital committee? Have you ever wanted to be a spy on an important top secret mission? Now is your chance to make your dreams come true.

If you are seriously interested and committed to being part of the team at EACH as a patient and/or family member advisor, then this is the experience for you.

Volunteers will have the opportunity to attend committee meetings, assist with decision-making, become familiar with current policy and when receiving care determine how well the policies are followed (that's the spy part!)

Positions are limited so apply now. Applications can be retrieved in the Patient



## Making sure your children eat healthy doesn't have to be hard

by **Christine Levy**

*Outpatient dietitian, Evans  
Army Community Hospital*

The alarms ring, and the daily race begins. You're getting ready for work and you hope your children are moving along in their process of getting ready for school. You may have to drive them, or they may be running to catch the bus, or heading out the door to walk to school.

What's missing here? Most likely, it's breakfast.

Research suggests that skipping breakfast can affect your child's intellectual performance, and even moderate undernourishment can have lasting effects on long-term cognitive development.

Did you also know that hungry children are more likely to have behavioral, emotional and academic problems at school? If cost is a factor, District Eight schools offer the National School Breakfast and



Lunch Program, which makes it affordable for your children to eat at school if you don't have the time to fix them something at home. You can access this information by going to the schools Web site at [www.wfco8.org/carson/index.htm](http://www.wfco8.org/carson/index.htm) and look under the Nutritional Services tab.

Participation in the National School Breakfast Program has been demonstrated to improve test scores, composite math and reading percentile scores, class participation and to reduce absences and tardiness. Only 2 percent of school-aged children meet the Food Guide Pyramid's

serving recommendations for all major food groups, yet more than 84 percent of school-aged children eat too much fat.

Maybe time isn't the issue, your child just doesn't like traditional breakfast foods. The key to breakfast is that you want your child to eat foods that will provide protein, carbohydrates and some fat; it

doesn't have to be traditional breakfast food. See the list below for some alternatives to offer your child in the morning. These same foods can be offered for lunch or in smaller portions as after-school snacks.

If you want to see how many portions of a particular food group your child needs, check out [www.mypyramid.gov](http://www.mypyramid.gov) for an in-depth list as well as additional helpful nutrition information. Meals and snacks make for healthy living as they keep your energy level constant throughout the day and

allow you and your children to stay focused on whatever you're doing. Nutrition labels help to let you know how much of each of the nutrients are in each portion.

Instructions on how to interpret a label are also found on the pyramid Web site.

Breakfast/lunch/snack suggestions

Peanut butter and jelly sandwich  
Cottage cheese/fruit

(whole grain bread if possible)  
Yogurt

Peanut butter on celery or apples  
Yogurt smoothies

Cheese sandwich  
Instant breakfast with low fat milk

Tortilla with egg and/or cheese  
Dry cereal (mix high fiber with a

favorite cereal)  
Sliced cheese and crackers

Fresh fruit or canned in its own juice  
Fresh vegetables with light salad

dressing

You can find a lot of helpful information on the American Dietetic Association website, [www.eatright.org](http://www.eatright.org), or if you need

# Healing spiritual needs through prayer

Commentary by Chap. (1st Lt.) Stuart D.  
Kazarovich

## *2nd Brigade Combat Team*

James 5:14-15

Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

This text describes two different ministries. The chaplain performs spiritual ministry to the sick while the medic provides ministry to the physical side of the Soldier. Both the chaplain and the medic work as a team meeting the Soldier's physical and spiritual needs.

Some place a mystical faith in the oil rather than God. Oil in itself has no mystical supernatural power, but it was used as a medicine. What is being said here is that we ought to treat the sick with the best available medicine and technology but not stop there. We should also pray, because it is God who ultimately grants the healing. Life is in God's hands. Nevertheless, to just provide medical care or just pray is not Biblical. This passage teaches that we

ought to provide both medical care for the physical body and spiritual care for the soul.

Archeological research has demonstrated that oil was used as a medicine in ancient times. Oil was burned for light; it was also used as a medicine, as it is today by both primitive peoples who have access to it and by some not so primitive, including ourselves. Some, if not all, of

the uses

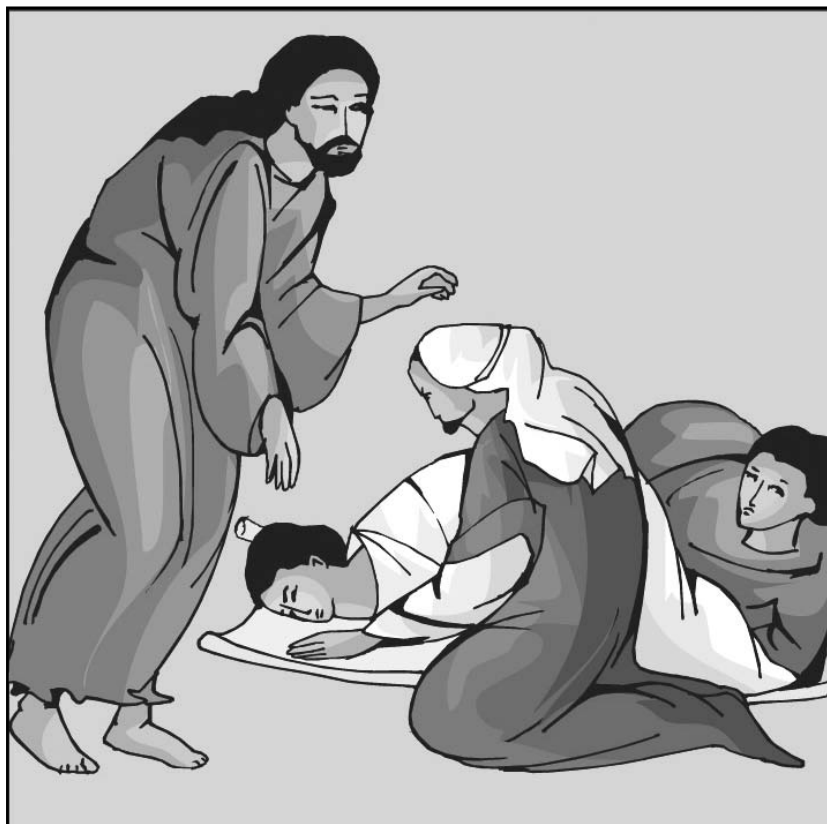
prescribed about A.D. 60 by Pliny the Elder, the Roman naturalist, had been common among the Mesopotamians and possibly the Egyptians for thousands of years. Among other things, Pliny recommended oil or bitumen for: bleeding, cataracts, leprosy, skin eruptions, gout, diarrhea, rheumatism, coughs, shortness of breath, toothaches, and for straightening eyelashes,

hastening menstruation, driving away snakes, and the detection of epileptics.

The trichotomy of man consists of a body, soul and spirit (1Thessalonians 5:23). The body makes up our physical being. The soul relates to our emotions and mental capacity. The spirit relates to our will or desire. All three are involved in recovery from sickness.

To illustrate, when a deer crosses in front of a speeding car, the driver sees the deer and instantly the driver's body begins to pump adrenaline, causing the brain to send impulses to the body, which delivers the message to the foot to stamp on the brake. In this process, all three parts of the human being are involved in a split second.

In the same manner, when a person is sick, his entire being is affected. To





## Chapel

New youth program □ A new chapel youth program meets 4-5:30 p.m. Sundays at Soldiers' Memorial Chapel. Military youths grades six-12 are invited. Individual programs for grades six-eight and nine-12 are offered. This program is sponsored by the Fort Carson Catholic and Protestant Chapel congregations. For details call 526-4946.

Catholic religious education □ Registration forms for Catholic religious education courses are available at Soldiers' Memorial Chapel in the library room. Classes for preschool (age 4) through sixth grades will be held Sunday from 10:30-11:50 a.m. Classes for seventh grade through adult (including confirmation and post confirmation) are held Sunday from 6-8 p.m. Call Pat Treacy at 524-2458 for more information.

Protestant religious education □ Registration is ongoing for Protestant religious education at Soldiers' Memorial Chapel. Sunday school small groups meet from 9:30-10:30 a.m. The Applied Workmen Are Not Ashamed program for children meets Thursdays from 5-7 p.m. Children's church is provided during the 11 a.m. Sunday service. No preregistration is required for children's church.

## Chapel Schedule ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

## PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zust/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511

## JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

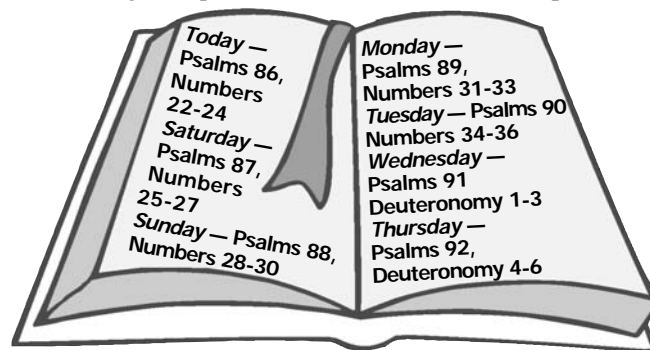
## WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and McConnell	Rhonda Helfrich/338-9464
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## NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year



**The Army Cycle of Prayer —** Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

Pray this week for the following:  
**Unit:** For the Soldiers and leaders of the Army National Guard's 155th Armor Brigade, headquartered in Mississippi, forward deployed in support of Operation Iraqi Freedom.

**Army:** For the senior leadership of the Chaplain Corps as they participate in the Chief of Chaplains Senior Leader Training Conference. May God shape and mold their spirits to forge the chaplaincy into His image.

**State:** For the Soldiers and fam-

ilies of the state of Texas. Pray also for Gov. Rick Perry, the state legislators and municipal officials of the Lone Star State.

**Nation:** For President and Mrs. George W. Bush and their family. Ask God to guide and direct his steps as he leads our nation to defeat the evil that would rob the nation of cherished freedoms and enslave it.

**Religious:** For the Christian celebration of Ash Wednesday (Wednesday).

As we begin Lent, ask God to remind us of the cost to Him of our sinfulness.

For more on the Army Cycle of Prayer visit the Web site at: [www.usarmychaplain.com](http://www.usarmychaplain.com).

## Childbirth made easy

# Class a haven for expecting moms

**Story and photo by  
Spc. Aimee Millham**

*Mountaineer staff*

When Jennifer Hart attended Motion for Moms during her first pregnancy, it was with the hope of finding answers to her many first-time mom questions. When she went into labor, Hart realized that the class not only answered her questions, but also gave her the strength to give birth in about five minutes - no sweat.

"I wasn't even out of breath," said Hart, now 18 weeks pregnant with her second child and attending Motion for Moms all over again.

Motion for Moms is a low-intensity aerobics class for pregnant and post-partum women, and it has been helping Fort Carson moms stay in shape throughout their pregnancies since 2004.

"I wish I'd known about it when I was pregnant," said Dorothy Mendoza, a postpartum mom who

attends the aerobics class. Given the class's support group feel, she gets more out of it than just a workout. Mendoza learned of the class at the perfect time; her husband deployed to Iraq in December, exactly one month after she gave birth to their second child. "It helps the time he's gone go by faster," she said.

Besides attending the classes, Mendoza herself can offer input based on her personal experiences to the new moms-to-be.

"They can exchange information and learn so much without sitting in a classroom being talked at and put to sleep," said Rhonda Tulensa, the instructor of Motion for Moms and a registered nurse at Evans Army Community Hospital.

For Hart, the class is a good reason to wake up in the morning.

"When you're pregnant all you want to do is sleep," Tulensa said.

Tulensa works in the labor and delivery department at Evans and



*From front to back, Dorothy Mendoza, Claudia Lopez, Myra Turner and Meri Gummow workout during a Motion for Moms aerobics class Feb. 23 at Garcia Gym. The class is held Tuesdays and Thursdays from 9-10 a.m.*

sets up hospital tours for the moms and their families to become familiar with the place in which the moms will likely be delivering their baby.

Aside from the regular twice-a-

week Motion for Moms sessions, Tulensa also holds field trips like morning trips to the mall. She also invites guests from different depart-

See **Motion** on Page 22



# Focus on TRICARE Eye and Vision Benefits

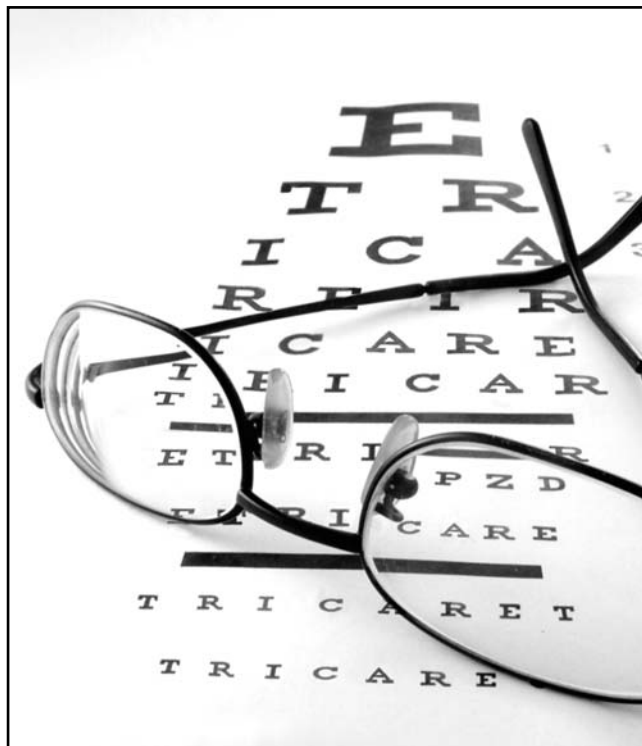
by Mark Jecker

*TriWest Healthcare Alliance*

No matter how well service members test on the annual eye exam, it's easy to be a little unclear about vision care, and reading every policy governing TRICARE's eye and vision benefits can make a person cross-eyed.

But here's a looking glass into the policies that won't leave anyone red-eyed.

Just the facts, mamam.



Focus on key facts about TRICARE's eye and vision coverage:

▢ TRICARE Standard, Extra and Prime active duty family members are eligible for one routine eye exam per year.

▢ Prescription eyeglasses or contact lenses are not a covered TRICARE benefit, except under very limited circumstances, such as corneal lens removal or treatment of infantile glaucoma.

▢ All Prime enrollees are eligible for the enhanced wellness benefit, which includes an eye examination every two years and does not require a co-payment. Note: Eye examinations must be performed by a TRICARE network optometrist or ophthalmologist to be covered. No referral is needed when seeking care from a TRICARE network provider.

▢ Eye health of children up to age 6 is evaluated by their health care practitioners as part of the well-child benefit. The provider performs periodic eye and vision screenings for the child. (Newborn screening is covered under the mother's maternity benefit.)

▢ Children between ages 3 and 6 are covered for two comprehensive eye examinations, which include screening for two common childhood disorders: amblyopia and strabismus (commonly referred to as "lazy eye").

▢ All TRICARE-eligible beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical

treatment of a TRICARE-covered illness or injury. All beneficiaries also are covered for screens for any pathology, including refractive error. Standard or Extra beneficiaries are responsible for the appropriate cost-share and deductible for these services. Those using TRICARE Prime require a referral for medically necessary eye examinations.

▢ Retired service members and their families have no routine eye benefits under TRICARE Standard or Extra.

## Motion

From Page 20

ments at Evans, like diet and nutrition, and obstetrics-gynecology, to talk to the moms during the aerobics class.

She tries to make the Motion for Moms experience educational and fun because plain-old exercise just wouldn't cut it for a group of pregnant women, Tulensa said. "Exercise in itself isn't fun, unless you're a little psychotic," she said looking over at Hart, a die-hard exerciser who during Feb. 23's Motion for Moms class pointed out the fact that Tulensa forgot to do the triceps workout.

When Hart first attended Motion for Moms in July 2004, she became close friends with the other moms in class. Hart remains friends with them, and their chil-

# AAFES matches competitors' prices

## AAFES news release

Since it was established in 1895, the military exchanges' mission has essentially been the same: provide necessary merchandise and services to the military.

While the retail landscape has changed dramatically over the past 110 years, post exchanges and base exchanges of the Army and Air Force Exchange Service are constantly seeking initiatives that meet the needs of troops and their families in the most affordable manner possible.

"Maintaining the strength of the exchange benefit in today's competitive retail environment is no easy task," said Lt. Col. Debra Pressley, chief of corporate communications for AAFES. "It is only through proactive surveying and review that we can ensure that AAFES prices are routinely lower than the competition."

Even with consistent monitoring, AAFES found it necessary to institute a program that ensures that, in the event that AAFES doesn't have the lowest price, customers always receive the best price.

The "We'll Match It!" effort works in two ways. First, if customers find an identical item for less somewhere else and the price differential with AAFES is less than \$10, the customer can tell the cashier who will match the lower price on the spot. Customers who report a price difference that is greater than \$10 need only to bring a current local competitor's ad to receive the reduced price. In either case, the competitor's item must be identical to the item in the AAFES store.

"AAFES is committed to having low prices," said Pressley. "We'll Match It!" is simply our last line of defense. After AAFES conducts national surveys and associates from the store level compare local prices, the customer has this program to make sure no one missed anything."

"We'll Match It!" promotes AAFES as a price leader with a pledge that retail stores will match competitors' current, local price on any identical stock assortment. In addition to this same-day pledge, AAFES also offers a 30-day price guarantee on any item originally



*If items sold at AAFES can be found cheaper elsewhere, AAFES will match the price. Because of the tax savings at AAFES, the customer always wins.*

purchased from AAFES and subsequently sold at a lower price by AAFES or another local competitor (excluding unauthorized dealers and warehouse clubs).

Since AAFES does have a dual mission to provide quality merchandise and services at competitive prices and to generate earnings to supplement Morale, Welfare and Recreation programs, there are

exceptions to the "We'll Match It!" program. Except for the Exchange Catalog and [AAFES.com](http://AAFES.com), stores cannot accept challenges from any catalog or Website. Other exclusions include gimmick promotions, warehouse clubs, special order automotive parts, gasoline, automotive labor/service, double and triple coupons, clearance items, flat percentage off items and vending

# Firsts in women's achievement



Photo courtesy of Library of Congress  
Alice Paul stitches the final star on the celebratory (suffrage ratification) banner in 1920. Stars were added from time to time as the various states ratified the 19th Amendment.



Photo courtesy of Library of Congress

## BETTY FRIEDAN

Betty Friedan has been central to the reshaping of American attitudes toward women's lives and rights. Through decades of social activism, strategic thinking and writing, Friedan was one of contemporary society's most effective leaders. Friedan's 1963 book, *"The Feminine Mystique,"* detailed the frustrating lives of countless American women who were expected to find fulfillment primarily through the achievements of husbands and children. The book made an enormous impact, triggering a period of change that continues today. Friedan has been central to this evolution for women, through lectures and writing ("It Changed My Life: Writings on the Women's Movement" in 1976 and *"The Second Stage"* in 1981). She was a founder of the National Organization for Women, a convener of the National Women's Political Caucus and a key leader in the struggle for passage of the Equal Rights Amendment. Friedan passed away Feb. 4, 2006.

Compiled by Karen Linne  
Public Affairs Office

In 1980, President Jimmy Carter issued the first Presidential Proclamation calling on the American people to remember the contributions of women. By 1987, 14 governors had declared March as Women's History Month, and that same year, Congress and the president followed by declaring March as National Women's History Month.

This year's theme, *"Women: Builders of Communities and Dreams,"* honors the spirit of possibility and hope set in motion by generations of women in their creation of communities and their encouragement of dreams, according to the National Women's History Project Web site, [www.nwhp.org](http://www.nwhp.org).

*"Women: Builders of Communities and Dreams"* honors women for bringing communities together and restoring hope in the face of life's challenges.

The purpose of women's history is not to idealize women. On the contrary, the stories of women's achievements present an expanded view of the complexity and contradiction of living a full and purposeful life.

Learning about the extraordinary achievements of women helps diminish the tendency to dismiss and trivialize who women are and what they accomplish. The knowledge of women's history provides

a more expansive vision of what a woman can do. This perspective can encourage girls and women to think larger and bolder and can give boys and men a fuller understanding of the female experience. Information about women and their successes gives males and females alike a perspective that challenges some of our culture's most unconscious and archaic assumptions about women.



Photo courtesy of Library of Congress  
Kentucky Gov. Edwin P. Morrow signs the 19th Amendment.

- ANN TERESA MATHEWS (1715)**  
First woman whose invention received a patent (for cleaning and curing corn) [] it was granted to her husband
- MARY KATHERINE GODDARD (1775)**  
First woman postmaster
- BETSY ROSS (1776/77)**  
First person to be a U.S. flagmaker
- HANNAH ADAMS (1784)**  
First woman to become a professional writer
- LUCY BREWER (1812)**  
First female Marine
- ELIZABETH BLACKWELL (1849)**  
First woman to receive a medical degree
- AMELIA JENKS BLOOMER (1849)**  
Publisher/editor of first prominent women's rights newspaper
- HARRIET TUBMAN (1850)**  
First woman to run underground railroad to help slaves escape
- LUCY HOBBS (1866)**  
First woman to graduate from dental school
- SUSAN B. ANTHONY (1869)**  
Co-founder of first U.S. women's suffrage organization
- ARABELLA MANSFIELD BABB (1869)**  
First woman admitted to the bar
- FRANCES ELIZABETH WILLARD (1871)**  
First woman to become a college president (Evanston College)
- VICTORIA CHAFLIN WOODHULL (1872)**  
First woman to be a presidential candidate
- HELEN MAGILL (1877)**  
First woman to receive a Ph.D. (Boston University)
- BEVA ANN LOCKWOOD (1879)**  
First woman to practice law before the U.S. Supreme Court
- CLARA BARTON (1881)**  
Founder of the American Red Cross

- MAUD BOOTH (1887/96)**  
Co-founder of the Salvation Army and Volunteers of America
- SUZANNA MADORA SALTER (1887)**  
First woman mayor (Argonia, Kan.)
- MARY MCLEOD BETHUNE (1904)**  
First woman to establish a secondary school that became a four-year accredited college
- MARY MCLEOD BETHUNE (1935)**  
Founder of National Council of Negro Women
- BLANCHE SCOTT (1910)**  
First woman to fly an airplane
- JEANNETTE RANKIN (1916)**  
First woman in the U.S. House of Representatives (Montana)
- KATE GLEASON (1917)**  
First woman president of a national bank
- JEANNETTE RANKIN (1917)**  
First woman in Congress
- FLORENCE E. ALLEN (1920)**  
First woman judge
- HALLIE FERGUSON (1924)**  
First female governor of U. S. state (Texas)
- KATHERINE BEMENT DAVIS (1929)**  
First person to conduct national survey of sexual attitudes
- JANE ADDAMS (1931)**  
First woman to receive the Nobel Peace Prize
- HATTIE WYATT CARAWAY (1932)**  
First woman elected to the U.S. Senate
- AMELIA EARHART (1932)**  
First woman to fly solo across the Atlantic Ocean
- RUTH BRAN OWEN (1933)**  
First woman foreign diplomat
- PEARL S. BUCK (1935)**  
First woman to win a Nobel Prize for Literature
- HATTIE MCDANIEL (1939)**  
First black of any gender to win an Academy Award (she won for Best Supporting Actress in the film *"Gone with the Wind"*).

- LINDA DARNELL (1941)**  
First woman to sell securities on the New York Stock Curb Exchange
- CONCHITA V. CINTRON (1949)**  
First U.S. woman bullfighter in Spain
- GEORGIA NESSE CLARK (1949)**  
First woman treasurer of the United States
- MURIEL SIEBERT (1967)**  
First woman to own a seat on the New York Stock Exchange
- JANICE LEE YORK ROMARY (1968)**  
First woman to carry the U.S. flag at the Olympic Games
- MARY CLARKE (1978)**  
First woman to be named major general in U.S. Army
- ELLA GRASSO (1978)**  
First woman governor to be re-elected (Connecticut)
- SANDRA DAY O'CONNOR (1981)**  
First woman justice of the U. S. Supreme Court
- JOAN BENOIT (SAMUELSON) (1984)**  
First woman to win an Olympic marathon
- PENNY HARRINGTON (1985)**  
First woman police chief of a major U.S. city (Portland, Oregon)
- ANN BANCROFT (1986)**  
First woman to walk to the North Pole
- CHRISTA MCAULIFFE (1986)**  
First woman citizen passenger on a space mission
- LT. COL. EILEEN COLLINS (1995)**



Photo courtesy of Library of Congress  
This cartoon shows Susan B. Anthony chasing after President Grover Cleveland in her fight for women's right to vote.



Photo courtesy of Library of Congress  
Women march to win their right to vote in New York, N.Y., May 6, 1912.

## Women's history timeline

- |   |   |   |  |   |
|---|---|---|--|---|
| <p><b>1777</b> Abigail Smith Adams, wife of the second president (John Adams) and mother of the sixth president (John Quincy Adams) writes that women "will not hold ourselves bound by any laws which we have no voice."</p> <p><b>1784</b> Hannah Adams is the first American woman to support herself by writing.</p> <p><b>1819</b> Emma Hart Willard writes her "Plan for Improving Female Education," which although unsuccessful, defines the issue of women's education at that time.</p> <p><b>1826</b> The first public high schools for girls opens in New York and Boston.</p> <p><b>1828</b> Former slave, abolitionist and feminist Isabella van Wagener is freed and takes the name Sojourner Truth. She begins to preach against slavery throughout New York and New England.</p> <p><b>1833</b> Oberlin College in Ohio is the first co-educational college in the U.S.</p> <p><b>1838</b> Mount Holyoke College is established in Massachusetts as first college for women.</p> | <p><b>1840</b> Elizabeth Cady Stanton, feminist, dress reformer and editor, omits the word "obey" from her marriage vows. Lucretia Mott is one of several women delegates to attend the World's Anti-Slavery Convention in London. As a woman, she is forced to sit in the gallery and cannot participate.</p> <p><b>1848</b> The first Women's Rights Convention is held in Seneca Falls, N.Y.</p> <p><b>1849</b> Elizabeth Blackwell becomes the first woman to receive a medical degree in U.S. Women doctors are permitted to legally practice medicine for the first time.</p> <p><b>1850</b> Women are granted the right to own land in a state (Oregon). The Female (later Women's) Medical College is founded in Pennsylvania.</p> <p><b>1852</b> Susan B. Anthony and Elizabeth Stanton form the Women's N.Y. Temperance Society.</p> <p><b>1860-65 American Civil War</b></p> <p><b>1866</b> The American Equal Rights Association is founded by Susan B. Anthony, Elizabeth Stanton, Martha Coffin</p> | <p><b>1868</b> The 14th Amendment denying women the right to vote is ratified. Women lawyers are licensed in U.S.</p> <p><b>1869</b> The National Woman Suffrage Association and the American Woman Suffrage Association are formed.</p> <p><b>1870</b> The 15th Amendment enfranchising black men is ratified.</p> <p><b>1872</b> Susan B. Anthony is arrested for attempting to vote.</p> <p><b>1874</b> The Women's Christian Temperance Union is founded.</p> <p><b>1878</b> For the first time, a Women's Suffrage Amendment is introduced to Congress.</p> <p><b>1890</b> Wyoming is first state to allow women to vote. The NWSA and the AWSA reunite to form the National American Woman Suffrage Association. Women begin to wear knickerbockers instead of skirts for bicycle riding.</p> <p><b>1903</b> The Women's Trade Union League of New York is formed to unionize working women. This group later becomes the nucleus for the International Ladies' Garment Workers' Union.</p> | <p><b>1913</b> 5,000 suffragists march in Washington, D.C., for the women's rights movement.</p> <p><b>1915</b> A petition with 500,000 signatures in support of women's suffrage amendment is given to President Woodrow Wilson.</p> <p><b>1920</b> The 19th Amendment is ratified, allowing women the right to vote in federal elections.</p> <p><b>1923</b> Alice Paul and the National Women's Party first propose the Equal Rights Amendment to eliminate discrimination on the basis of sex. It has never been ratified.</p> <p><b>1934</b> Florence Ellinwood Allen becomes first woman on U.S. Court of Appeals.</p> <p><b>1939-45 World War II</b></p> <p><b>1961</b> Eleanor Roosevelt is appointed to chair the Commission on the Status of Women.</p> <p><b>1966</b> The National Organization for Women is founded by Betty Goldstein Friedan.</p> <p><b>1970</b> 50,000 people march in New York City for the first Women's Strike for Equality.</p> | <p><b>1971</b> U.S. Supreme Court rule ends sex discrimination in hiring.</p> <p><b>1972</b> U.S. Congress passes the Equal Employment Opportunity Act. Equal Rights Amendment passes Congress but fails to be ratified.</p> <p><b>1975</b> Ella Grasso is first woman governor (Conn.) to be re-elected.</p> <p><b>1977</b> 3,000 women march in Washington, D.C., on Women's Equality Day to support the ERA.</p> <p><b>1981</b> Sandra Day O'Connor becomes first woman appointed to the U.S. Supreme Court.</p> <p><b>1995</b> Lt. Col. Eileen Collins becomes the first American woman to pilot a space shuttle.</p> <p><b>1997</b> Madeleine K. Albright becomes first woman U.S. Secretary of State.</p> <p><b>2000</b> Hillary Rodham Clinton becomes the only First Lady ever elected to the United States Senate.</p> <p><b>2005</b> Condoleezza Rice becomes the first black woman to be appointed Secretary of State.</p> |
|---|---|---|--|---|





Photo by Spc. Aimee Millham

## Lots of love for 3rd ACR

Handmade signs around Fort Carson welcome the return of the 3rd Armored Cavalry Regiment from Iraq. These banners, hung from a vintage tank at the approach to Gate 1, were hung by the family readiness group from the ACR's Regimental Headquarters and Headquarters Troop.



# Community Policing



## Department of the Army Police



Name: Officer Carlos Torres

Experience: Torres spent two years with the U.S. Marine Corps in Vietnam. He also spent three years as an Aurora Police Officer and another 14 years as a security officer. Torres also served three years with Teller County.

He Has been with the Department of the Army civilian police since October 2004.

Quote: "Tomorrow's battle is won during today's practice."

## Military Police



Name: Sgt. Kevin Harms

Experience: Harms arrives to Fort Carson in August 2005 and serves as a team

leader and patrolman with the 984th Military Police Company. Currently Harms is training for future deployments and serves the Fort Carson Community with law enforcement duties.

Quote: "Love thy neighbor."

## Alutiiq-Wackenhut Security Services



Name: Officer Steven Hill

Experience: Hill served 27 years in the Marine Corps and retired a command sergeant major. He served one year as a police officer in Indiana and two and a half years as an assistant manager for airport security. Hill began working for A-WSS 15 months ago, and he is a sergeant.

Quote: "Have a great Marine Corps Day!"



# Out & About

March 3 - 10, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare, and Recreation  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

## Fort Carson Family Child Care



*Stay at home with your children and nurture the hearts and minds of all children while earning money!*

Benefits of becoming an FCC Provider:

- Free training on Child Development and Business Practices
- Free Child Care during training classes
- Free starter kit
- Free use of the toy lending library

Initial orientation is conducted the first Friday of every month from 9 am - 10 am at Child & Youth Services, Building 5510 on Harr Avenue.

For more information call

**Fort Carson**

Child & Youth Services - Family Child Care 526-3338/1108



## Fort Carson's "Homegrown Eggsperience"

MWR's Largest Free Family Event of the Year

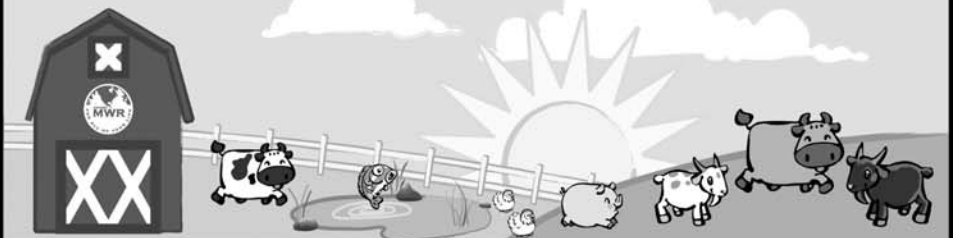
**April 8, 2006 • 9am- 3pm**  
**Special Events Center, Bldg. 1829**

Join us for an Egg Hunt, Kids Activities  
Food and Prizes!!!

**for more information**

**526-4494**

<http://mwr.carson.army.mil>



## HAPPY ST PATRICKS DAY



## CELEBRATE ST PATRICKS DAY AT XTREMES

on March 17th  
from 9 p.m. - 2 a.m.



For information,  
call 576-7540



Come enjoy the breath-taking, 18-hole championship golf course, located at 7800 Titus Blvd, near Evans Hospital. Year round golf is available and group and private lessons can be scheduled by calling 719-526-4102. See you on the course!



Join us for lunch at Mulligans Grill,  
Monday - Friday, 11 a.m. - 2 p.m.



# SPORTS & LEISURE

## Fitness goals achievable for those over 50

Story and photos by Walt Johnson

Mountaineer staff

Editor's note: This is the first of a two part article on fitness for those over 50. Before starting any fitness program, see your health-care provider.

Walk into Forrest Fitness Center on any weekday and you see a variety of weight lifters, aerobics participants and cardio-work-out wonders getting or keeping their bodies in the best physical condition they can.

Most of those bodies belong to men and women in the age range of 20 to 45 years-old who are trying to ensure they meet the military's fitness standards. But those aren't the only bodies you see making sure fitness is a part of their lives.

One person you will see working out in one of the post fitness facilities is Norris Cole. The fact that Cole has always seen fitness as a way of life and is in remarkable shape is not the thing that makes you pay attention to his workout routine.

The fact that he is 70 years old, works out three days a week in the gym, and runs three days a week is reason to pay attention.

Cole is a man who says he has seen it all in his two careers, one as an airborne Ranger in the military and the second as a deputy sheriff for the city of Colorado Springs. Since he left the streets of Chicago at the age of 20

to enter the Army, Cole has felt fitness was a key to succeeding in life.

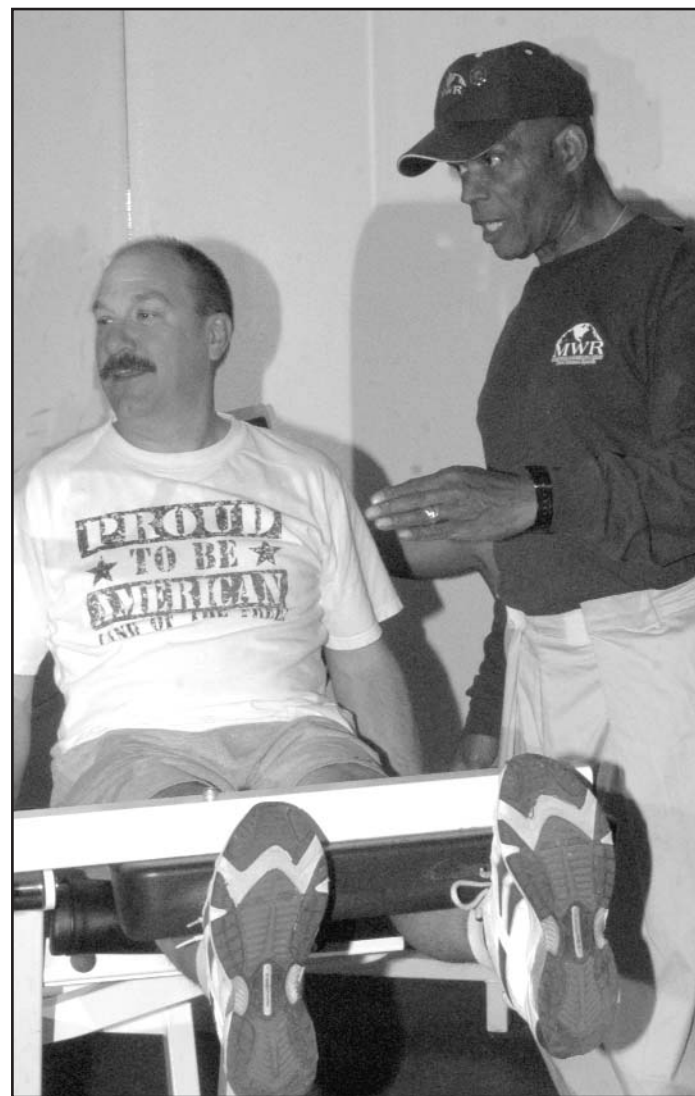
"Fitness is a way of life for me. I feel in order to maintain yourself and maintain your discipline, your muscle tone and your attitude about life, fitness is necessary. If you say you don't want to be fit anymore it's just like giving yourself a death sentence. When you slow down, you quickly find out what it means when it's said, 'If you don't use it, you lose it.' That's the way your body is."

"If you subject your body to a certain level of fitness, your body will respond and give you the ability to do more," Cole said.

Which is why at the age of 70, Cole said he is in a great position to talk about the importance of fitness for those over 50 and why it's important for people to continue to have a fitness program even though their years of active military service or active working life are winding down or gone.

"In order to make a lifestyle for yourself, no matter if you are 50, 60 or 70, you should take part in physical activity. You get your mind and muscle activity (to the point) where your mind will demand more of your body and your muscles will respond. If there is a person that is 55, for example, and says they have reached their fitness peak, that simply isn't true."

"Every person that is ambulatory and can move their joints and arms can participate in a



Norris Cole, right, helps George Thompson with some of the fitness equipment at Forrest Fitness Center.

## Mountaineer Sports Feature

### Command awards

Col. Michael Resty, garrison commander, left, presents awards to Special Olympics participants Saturday at the Special Events Center during the Special Olympics basketball tournament hosted by the Mountain Post.

Special Olympic athletes from southeast Colorado participated in basketball games Saturday at the Special Events Center and Garcia Physical Fitness Center. Ashley Collier, Special Olympics coordinator, said it was a pleasure to come to the Mountain Post for the tournament. "We are so happy to have the partnership with the Fort Carson community that allows us to let our athletes use the facilities here. The hospitality and the open arms extended by the community is more than I can put into words. Our athletes and our organization thank the Carson community for making us feel so much at home when we are here." The next event featuring Special Olympic athletes will be July 29 when softball action will take place at the Mountain Post Sports Complex.

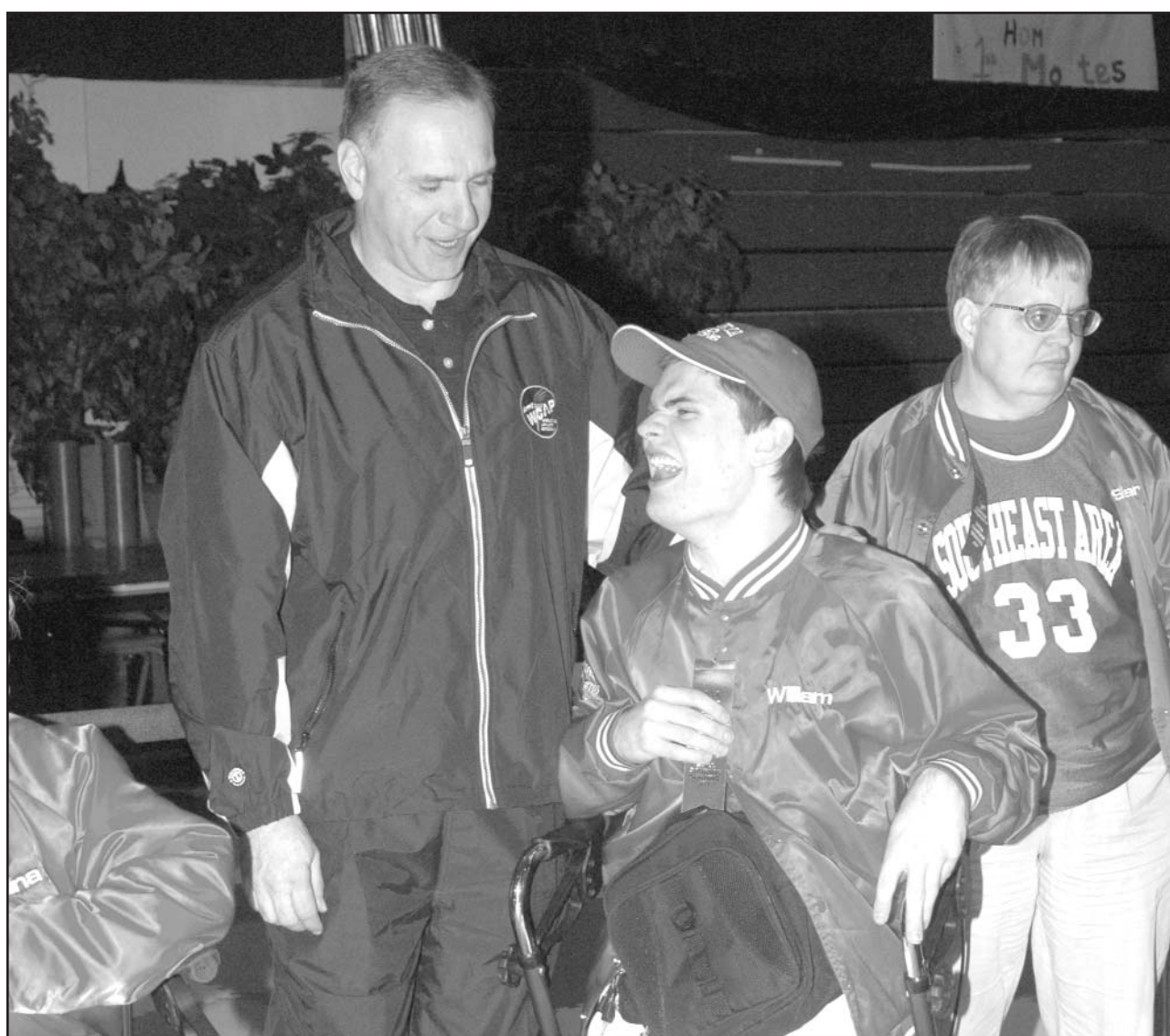


Photo by Walt Johnson



## On the Bench

# Indoor swimming pool undergoes major renovation

Story and photo by  
**Walt Johnson**

*Mountaineer staff*

To all Soldiers returning to the Mountain Post from deployed locations, welcome back and thank you for all you're doing for the nation.

For the past few weeks the post swimming pool has been closed as it underwent major renovations to the pool area and the locker room areas.

The pool reopened Monday and the results of the renovations can be classified as [outstanding,] according to Don Ames, post aquatics center director.

Ames said the pool closed to do some needed upgrades that were necessary to [provide our customers with the kind of facility that they deserve.] He said the renovations took place in all areas of the pool and the people should be very pleased with what the facility has to offer them now.

[We put in new deck floors, new bathroom floors and new electronic hair dryers. The company (Natural Pool Company) came out and repaired the liner in the pool under the warranty program at no cost to the government,] Ames said.

Ames said anyone who has been a frequent customer of the pool will notice the upgrades immediately.

For new customers, Ames said they will be pleased with the way the locker rooms have been renovated to ensure safety and sanity for all customers.

[The first thing customers will notice are the new bathroom floors which have no more tiles. We now have epoxy stone on the floors.

[In the past, the tiles would have a lot of grout on them which was hard to keep clean and maintain. The deck area also has the new epoxy stone and the swimming pool itself underwent some major work,] Ames said



*Chris Pogue, from Natural Pool Company, works on the floor of the indoor swimming pool Feb. 23.*

See **Bench** on Page 35



Photo by Walt Johnson

## To the hoop

*A member of the Fort Carson youth center's second 13-15 year-old team heads to the basket to score against the Peterson Air Force Base team Friday at the post youth center. The post team won the game.*

## Bench

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Arnes said it was not the ideal thing to do to close down the pool for the renovations but it was planned carefully and this was the best time to perform the needed renovations.

□ We decided to do it now because this is traditionally a slow period for us. The outdoor pool was pretty busy in the summer and we used the indoor pool for lap swimming, therapy and pregnancy PT and training for Soldiers, among other things. We made arrangements with the local YMCA to allow our customers to be able to continue to swim while we renovated the pool and that worked out extremely well,□ Arnes said.

One thing for sure, the staff at the indoor pool is excited about the renovations and what they mean for the community. Stephanie Kowaluk, lifeguard instructor said □The pool is open and we are excited about the way things turned out. The pool looks great and every one on post should come out and swim.□

The post varsity softball team, the Aces, will hold its first official practice session March

11 at 9 a.m. at the Mountain Post Sports Complex softball field. Brian Rushing, Aces head coach, is looking for dedicated softball players that are ready to compete at the highest level of competition in Colorado Springs and Colorado. For more information call Rushing at 721-9246.

Also concerning softball, the post intramural softball season is scheduled to kick off May 2 at the Mountain Post Sports Complex. Any unit interested in fielding a team should attend a meeting April 26 at 1 p.m. at the Special Events Center, bldg 1829. For more information on the intramural softball program call Lamont Spencer or Joe Lujan at 526-6630.

The Directorate of Morale, Welfare and Recreation will hold a battalion-level basketball tournament beginning March 13. The tournament is open to any battalion that would like to field a team even if it did not have a team in the recently concluded intramural basketball season. Any unit interested in fielding a team in the tournament should contact Spencer or Lujan at 526-6630.

Any unit interested in field-



## *Mountaineer* Intramural Sports

### Shooting for gold

*7th Infantry Division guard Anthony Ringold, wearing No. 8, shoots over defenders during the 7th ID's victory Monday over the 502nd Personnel Services Battalion. The victory earned the 7th ID a place in the post championship game Thursday against the United States Army Garrison team that shocked the 10th Special Forces Group Monday. Detailed coverage of the post championship game matchup will be in next week's edition of the Mountaineer.*





Photo by Walt Johnson

*Fort Carson youth center 13-15 year-old defenders shut down the Air Force Academy shooters during its contest Friday at the youth center.*

## Bench

From Page 35

ing a team in the post intramural soccer league should contact Spencer or Lujan. The intramural soccer season

is scheduled to begin in March if enough teams are interested in forming a league.

The all-Army wrestling try-outs began Thursday at the World Class Athlete Program wrestling facility with the goal being to select the team that will compete in the armed forces competition in late March.

The training camp will be held now until March 15.

The all-Army camp hopefuls will compete against each other for a chance to be on the all-Army team. After the wrestlers at the camp eliminate each other, the survivors will wrestle against members of the WCAP wrestling program March 17-18 at the Special Events Center to see who will make up this year's Army team at the interservice competition in April.

The aerobics schedule at Forrest Fitness Center for the month of March has changed and there are plans for more changes in the future. Here is the new schedule:

Monday 9 a.m., Yoga; 5:30

p.m. 20-20-20; Tuesday 6:30 a.m., Spinning; 9 a.m., Cardio Mix; 9 a.m., Spinning; 4:30 p.m., Yoga; 5:30 p.m., Kick Boxing; Wednesday 9 a.m., Yoga; 4:30 p.m., Spinning; 5:30 p.m., Toning; Thursday 6:30 a.m., Spinning; 9 a.m., Cardio Mix; 5:30 p.m., Yoga; Friday 9 a.m., Spinning; 10 a.m., Yoga; 4:30 p.m., Kick Boxing; Saturday 9:15 a.m., Toning

Here are the operating hours for each of the post fitness centers.

Forrest Fitness Center: Monday through Friday, 5 a.m. to 8 p.m.; Saturday, Sunday and holidays, 9 a.m. to 5 p.m.

Garcia Physical Fitness Center: Monday through Friday, 5 a.m. to 8 p.m.; Saturday, Sunday and holidays,

Have an idea for a sports story?

Contact the Mountaineer at 526-4144/1241, fax 526-1021 or e-mail [Mountaineereditor@carson.army.mil](mailto:Mountaineereditor@carson.army.mil) and share your





# Cañon City's Dinosaur Depot

Story and photos by Nel Lampe  
*Mountaineer staff*

Did you know dinosaurs once roamed near here? Many dinosaurs lived in the Cañon City area. In fact, most of the dinosaurs displayed in museums around the world came from the Garden Park area of Cañon City.

There's a small dinosaur museum in Cañon City, the Dinosaur Depot, where you can learn about local dinosaurs. The Dinosaur Depot came into being in 1992 in a building previously used as a fire house.

The discovery of dinosaurs at Cañon City started with a fossil found by a teacher in the late 1800s. He put the fossil on display in the newspaper of fire. Eventually a geologist saw the displayed fossil and realized it was prehistoric bone.

At that time, the existence of Jurassic-aged dinosaurs was almost unknown. When word got out about the Cañon City find, paleontologists were soon on the scene. Two famous, competitive paleontologists became engaged in what was called "the bone wars."

Competing digs went on between Othneil Charles Marsh and Edward Drinker Cope, who were leading paleontologists anxious to discover and display dinosaurs. Both paleontologists set up dig sites in the Garden Park area. Workers built wooden cabins over the dig sites for protection and secrecy.

Hundreds of prehistoric bones were discovered and removed in 1877 and beyond. Many of the prehistoric dinosaurs found in Garden Park made their way into museums around the world.

Discoveries are still being made in modern times. In 1992, a paleontologist from the Denver Museum of Nature and Science discovered a stegosaurus vertebra. When the dig was complete, the find contained the most complete stegosaurus specimen ever found.

After intensive digging by workers and volunteers, the stegosaurus specimen was stabilized, wrapped and covered with plaster. To get the 13,000-pound specimen out of the field and to the Dinosaur Depot for further preparation, the museum called on Fort Carson. Arrangements were made and a Fort Carson helicopter lifted the speci-



A model of an allosaurus dinosaur is behind the Dinosaur Depot in Cañon City.



Visitors explore exhibits in the Discovery Room at the Dinosaur Depot in Cañon City.



June Hines shows an apatasaurus vertebra she has been working on for two years. It was found in Colorado.



A fossilized nest of dinosaur eggs is displayed in the Discovery Room.

Harpis



Places to see in the Pikes Peak area.

March 3, 2006



## Dinosaur

From Page 39

men out of the valley and loaded it onto a truck. It was then driven to the Dinosaur Depot.

Paleontologists and volunteers at the depot removed rock from the bones of the stegosaurus, a project that took years. The stegosaurus is now in the Denver Museum of Natural History. A casting of the stegosaurus is in the Dinosaur Depot.

Paleontologists learned a lot about the stegosaurus species [ the Colorado State fossil ] from this find. They learned that the plates along the stegosaurus' spine were in two staggered rows, rather than one row as previously thought. They believe this stegosaurus died at a waterhole, after being unable to climb out because of a tail injury or disease.

The first stegosaurus found in Garden Park was in 1886. It is displayed at the Smithsonian Institute. Still another nearly complete stegosaurus was found in 1936.

Another important discovery was made at Garden Park a few years ago while a group of high school students was on a field trip. One student kicked at a rock that looked different. It was. It turned out to be a 30-foot section of a tree dating from the Jurassic period. According to paleontologists, it is very unusual to find trees and animals from the Jurassic period preserved in the same place.

The tree was excavated, extraneous material removed and now [Tony]'s Tree is displayed in the depot.

A few years ago an amateur paleontologist discovered footprints left by ankylosaurus and therapod dinosaurs from the Cretaceous Period, 107 million years ago. The footprints, discovered on Skyline Drive, had been in plain sight for many years but no one had recognized them. One of the footprints is displayed in the Dinosaur Depot.

Previously, all discoveries in the Cañon City area were from the older Jurassic period.

Visitors can see the Skyline Drive footprints; ask for directions while at the Dinosaur Depot. Explanatory signs are at the site.



The Dinosaur Depot is on Royal Gorge Boulevard, West Highway 50, in Cañon City.

The Dinosaur Depot displays several fossils, skulls and bones. Some exhibits can be touched.

A Discovery Room has interactive exhibits.

In addition to visiting the depot and watching work in progress, visitors can take a tour of the Garden Park fossil area. Tours are given by reservation only, weather permitting; call (800) 987-6379. Tours to Garden Park cost \$5 for adults and \$2.50 for children.

Actual dinosaur bones are not visible in Garden Park, but visitors get the chance to walk where dinosaurs walked.

A lifesize model of an allosaurus is displayed on the grounds of the depot. It's popular with children and a favorite photograph spot.

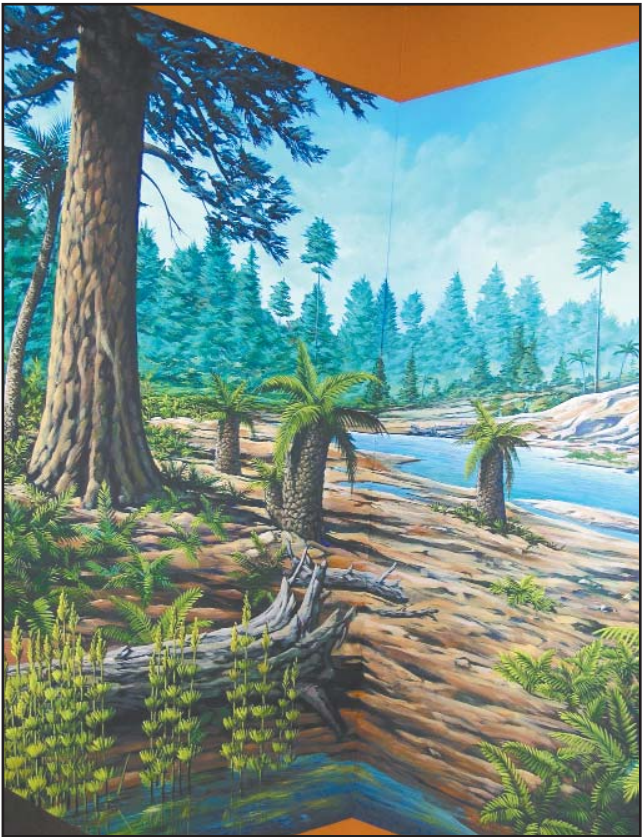
Also on the grounds is a casting of dinosaur footprints found in the Picketwire



The Dinosaur Depot's gift shop is a treasure trove for people who like dinosaurs.

Canyonlands area near La Junta. The Picketwire dinosaur trackway is the largest track site in North America and reveals more than 1,300 footprints. These footprints are visible at Picketwire but are in a remote area requiring four-wheel drive.

The Dinosaur Depot has a gift shop with a plethora of dinosaur-themed books, T-shirts, posters, dinosaur figures, puzzles,



An artist's rendition shows what the Cañon City area may have looked like millions of years ago.



**Above:** The most complete skeleton of a stegosaurus dinosaur ever found is displayed in the Dinosaur Depot. It was found in the Garden Park area.



**Left:** An artist's version of what a stegosaurus looks like.

### Just the Facts

- Travel time: about an hour
- For ages: all
- Type: dinosaur museum
- Fun factor: HHH1/2  
(Out of 5 stars)
- Wallet damage: \$  
\$ = Less than \$20  
\$\$ = \$21 to \$40  
\$\$\$ = \$41 to \$60  
\$\$\$\$ = \$61 to \$80  
(Based on a family of four)





## Pikes Peak Center

The Glenn Miller Orchestra is in the Pikes Peak Center March 24 at 7:30 p.m.

Colorado Springs Philharmonic presents [Pick of the Pops-Five by Design] Saturday at 8 p.m.

[Mozart meets Rachmaninoff] is presented by the Colorado Springs Philharmonic March 11 at 8 p.m. and March 12 at 2:30 p.m.

Call the box office at 520-SHOW or go online at [www.ticketwest.com](http://www.ticketwest.com). The Pikes Peak Center is at 190 S. Cascade Ave. in downtown Colorado Springs.

## Fine Arts Center

[The Creative World of Peter Max] is in the Fine Arts Center, 30 W. Dale St. The exhibit includes 356 portraits of heroic firefighters of Sept. 11. Tickets are \$10 for nonmembers; free for Fine Arts Center members. The Fine Arts Center is open Tuesdays through Saturdays.

## Air Force Academy theater

[Spirit of Broadway's Star Spangled Celebration] is in the Air Force Academy's Arnold Hall Theater Sunday. Tickets start at \$15 and are available at the box office, 333-4497 or Ticketmaster, 520-9090.

## Riders in the Sky

The Grammy Award winning [Riders in the Sky] comedy and singing group is in the Arts Center Theater in Pueblo March 11 at 11 a.m. and 2 p.m. Seats are \$6; call (719) 295-7222. The theater is at 210 N. Santa Fe Ave.

## Ice show

Disney on Ice presents [Princess Classics] March 22-26 in the Colorado Springs World Arena. Call 520-SHOW for tickets; ask about the military discount.

## 'Cats'

The musical [Cats] is in Pueblo's Memorial Hall, 1 City Hall Place, March 11 at 8 p.m. and March 12 at 2 p.m. Tickets start at \$15; call (719) 295-7222.

## 'Oklahoma'

[Oklahoma], the musical, is in the Pikes Peak Center, 190 S. Cascade, March 29-30 at 8 p.m. Tickets start at \$32, call 520-SHOW.

## St. Patrick's Day Parade

The annual St. Patrick's Day parade is along West Colorado Avenue in Old Colorado City March 11 at noon. There's no charge.

## Chorale concert, orchestra

The Colorado Springs Chorale, with full orchestra, presents [Masterworks IV,

Mozart

and More] at the Pikes Peak Center, 190 S. Cascade Ave., March 18 at 8 p.m. Call 520-SHOW for tickets

## Academy band concert

The Air Force Academy Band presents a free concert Sunday in the Pikes Peak Center, 190 S. Cascade Ave. at 2 p.m. The concert is free but tickets are required. Pick up free tickets at the box office at the Pikes Peak Center or the World Arena.

## Harlem Globetrotters

The Harlem Globetrotters will be in the World Arena April 9 at 2 p.m. Tickets start at \$17. Call 520-SHOW for ticket information or go online at [www.ticketwest.com](http://www.ticketwest.com).

## Concert

Nickel Creek is in the Pikes Peak Center April 13, at 7:30 p.m. Call 520-SHOW for ticket information or go online at [www.ticketwest.com](http://www.ticketwest.com).

## Theater

[Miss Julie], a presentation by Theatreworks at the University of Colorado at Colorado Springs, is in the Dusty Loo Bon Vivant Theater at 3955 Cragwood Dr. near the campus off Austin Bluffs Parkway. Shows are at 7:30 p.m. Wednesdays through Saturdays and at 4 p.m. Sundays, through March 12; call 262-3232.

## Dinner theater



Photo by Nel Lampe

## Major League baseball

*The Colorado Rockies open their home season next month. To honor the military, the Colorado Rockies have "Military Appreciation Days at Coors Field" when select game tickets sell for \$6. Call (303) Rockies, say you are from Fort Carson and provide the reference number 672848 and a credit card. These \$6 tickets are not available at the box office. Tickets for \$6 games are against the Philadelphia Phillies April 14-16; the Los Angeles Dodgers May 15-17; the Pittsburgh Pirates June 5-7; the Milwaukee Brewers July 31-Aug. 2; the New York Mets Aug. 29-31; and the Washington Nationals Sept. 7-10. The \$6 seats are in the outfield box, pavilion and upper reserved infield. Tickets are subject to availability and a \$2.50 service charge will apply. Coors Field, one of the best stadiums in the nation, is on Blake Street between 20th and 21st streets in downtown Denver.*